



Lunch

Soups-(Please ask for soup(s) of the day)

Small soup	8.15
Large soup	8.95

Grilled Bagel Sandwiches 9.70

-**Old Fashioned Ham** - Swiss cheese, spinach, tomato, cream cheese, honey mustard, garlic mayo & fresh sage.

- **Tuna salad** - cheddar, cream cheese, mayo, spinach, tomato, & fresh thyme.

Grilled Paninis** ½ 8.15/15.75

-**Roast Chicken** - mozzarella, spinach, tomato, fresh basil, aioli, and seeded dijon.

-**Veggie**** - Spinach, mozzarella, artichoke hearts, roasted red pepper, sundried tomato, fresh basil, sundried tomato pesto, mayo, truffle oil.

-**Chicken Sundried Tomato Pesto**** - chicken breast, sundried tomato pesto, mozza, chevre cheese, garlic mayo, spinach and fresh basil.

Grilled Wraps** ½ 8.15/15.75

-**Mango Chicken** - chicken breast, rice, tomato, cilantro, red and green pepper, red & green onion, basil, feta, sesame oil, mango, spinach, & sweet chili sauce..

-**Black Bean Baja** - rice, black beans, corn, cilantro, tomato, red onion, assorted spices, spinach, red & green peppers, mixed herbs, avocado, 4 cheese blend & chipotle sour cream.

-**Thai Chicken*** - chicken breast, rice, tomato, red onion, red & green pepper, cilantro, basil, sweet chili sauce, thai slaw, **peanut** sauce, sesame oil, soy sauce & green onion.

* does contain nuts

** paninis or wraps may change periodically.

Salads

Garden Vegetable 14.95

Organic mixed greens, cucumber, olives, red onion, grape tomatoes, feta cheese, & Balsamic vinaigrette.

Baby Spinach 16.55

Organic baby spinach, walnuts, goat cheese, cherry tomatoes, red onion & a raspberry vinaigrette.



Lunch combos available

½ combo/soup*	16
Full combo/soup*	23.10
Lunch Bagel/soup*	17.05

*or mixed greens;
+\$1 baby spinach

GST exempt Dec14/25-Feb14/25