



## Lunch

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

Small soup 7.75  
Large soup 8.50

### Grilled Bagel Sandwiches 9.25

-**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 7.75/15

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

-**Italian\*\*** - salami, hot capicollo, ham, hot banana peppers, mozzarella, garlic mayo, spinach, fresh basil, honey mustard & balsamic reduction.

-**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 7.75/15

-**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** 14.25

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

**Baby Spinach** 15.75

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



## Lunch combos available

½ combo/soup\* 15.25

Full combo/soup\* 22

Lunch Bagel/soup\* 16.25

\*or mixed greens;  
+ \$1 baby spinach

GST NOT INCLUDED