



Lunch

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

Small soup 8.10

Large soup 8.80

Grilled Bagel Sandwiches 10

-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 8.29/16.17

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

-Veggie** - Arugula, 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 8.29/16.17

-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 15

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

Baby Spinach 16

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



Lunch combos **available**

½ combo/soup* 16.25

Full combo/soup* 23

Lunch Bagel/soup* 17.75

*or mixed greens;
+\$1 baby spinach

GST NOT INCLUDED