

fresh.

Soup & Salads

Freshly Made Daily Soup
small 2.99 | large 4.99

Field Greens Salad
mixed greens, fresh tomato, cucumber,
radish, parmesan. small 2.99 | large 4.99

Spinach, Strawberry & Goat Cheese Salad
aged balsamic vinaigrette, candied pecans,
quebec goat cheese. small 2.99 | large 4.99

Organic Quinoa & Sundried Cranberry Salad
shallot red wine vinaigrette
small 3.25 | large 5.25

Greens, Vegetables & Chicken
bed of greens, seasonal roasted &
fresh vegetables, roasted chicken 6.99

Cold Sandwiches

Egg Salad Sandwich
fresh cooked eggs, tomato & lettuce 5.99

Tuna Salad Sandwich
yellowfin chunk tuna, tomato & lettuce 5.99

Smoked Turkey & Aged Cheddar
sliced smoked turkey, aged cheddar 6.49

Ham & Cheese Sandwich
black forest ham, semi-hard mozzarella 6.49

Lunch

Wraps

Roasted Vegetables & Aged Cheddar
roasted seasonal vegetables, aged cheddar,
spicy aioli 6.99

Organic Quinoa & Vegetables Wrap
fresh and roasted vegetables, spinach,
tomato and quinoa 7.29

Chicken & Avocado Wrap
avocado, roasted peppers, caramelized
onion, arugula marinated chicken 7.99

Chicken & Double Smoked Bacon Wrap
arugula marinated chicken, thick cut
bacon, tomato, lettuce 7.99

Ham, Cheese & Prosciutto Wrap
black forest ham, monterey jack, mustard
aioli, tomato and prosciutto 8.29

Hot Grilled Paninis

Chicken, Caramelized Onion & Brie
herb and garlic marinated chicken,
caramelized onion, red pepper aioli 8.99

Roasted Beef & Cheese Panini
slow roasted and sliced top sirloin, roasted
peppers, monterey jack, tomato 8.99

Porchetta Style Roasted Pork Panini
caramelized apple, fresh tomato, spicy aioli,
coarse ground mustard 8.99

Montreal Smoked Meat
sliced smoked beef brisket, gruyere cheese
sauerkraut, coarse ground mustard 8.99

Roasted Vegetables & Cheddar Panini
seasonal roasted vegetables, fresh tomato,
lettuce, aged cheddar and garlic aioli 7.19

natural.

Chef's Pasta Station

Seafood Linguini (Gluten Free Option)
pacific prawn, baby scallops, alaskan cod,
calamari in spicy rosé sauce 11.50

Beef ground Sirloin Bolognese (Gluten Free Option)
ground beef sirloin, oven roasted tomato
sauce, fresh herbs & parmesan 10.50

Chicken Arugula Penne Pesto (Gluten Free Option)
olive oil and garlic marinated chicken, market
vegetables & spinach in creamy arugula pasta 10.50

Flatbreads

Roasted Vegetables & Goat Cheese
house-made dough, seasonal roasted
vegetables & quebec goat cheese 9.99

Roasted Vegetables, Cheese & Chicken
house-made dough, seasonal roasted
vegetables, chicken & mozzarella 10.99

Sausage and Pepperoni Flatbread
house-made dough, oven roasted tomato,
mozzarella, balsamic reduction 10.99

Fresh Vegetables & Cheese Flatbread
fresh peppers, mushrooms, tomato, onion,
kale, spinach, oven roasted tomatoes,
mozzarella 9.99

healthy.