

SANDWICHES & SALADS

Flexibility at lunch is key: choose your favourite fillings, condiments and style of fresh baked bread.

Comfy & Traditional Selection

-all with choice of lettuce, tomato & sprouts—

Albacore tuna salad
Egg salad with green onion
Salmon salad
Black forest ham & choice of cheese
Curried chicken salad
Genoa salami
Oven roasted turkey

\$5.95

Bistro Selection

A Grilled breast of pesto chicken with roasted peppers

Montreal smoked meat with honey mustard

Rare roast beef with creamed horseradish & crispy onion

Smoked Atlantic salmon with cream cheese, cucumber & watercress

Avocado with Roma tomato & cucumber

Shrimp salad with curried mayonnaise & fresh dill

Shaved parmesan with tomato, red onion & lemon basil mayo

Garlic grilled Portobello mushroom with caramelized Vidalia onion

\$6.95

We are happy to customize a menu to suit your tastes.

Prices are per person unless noted and are exclusive of taxes. Prices subject to changed. Minimum orders may apply.



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Tea Sandwiches

A classic selection of sandwiches with crusts trimmed & cut into triangles

\$12.00 per dozen (8 dozen minimum)

Leafy Greens

Organic baby greens with a choice our house made vinaigrette

Caesar with or with out the bacon bits

Organic baby spinach with mushroom, homemade croutons & sliced red onion

Organic arugula, sliced Bosc pear & toasted walnuts

\$4 and up

Veggie Side Salads

A red skin potato salad with green onion & bacon bits

Marinated artichoke salad with peppers, green onion & julienne of zucchini

Greek salad with tomato, cucumber, feta cheese, red onion & black olive

Green bean & cherry tomato with feta

Snow pea & shiitake mushroom with sesame & red peppers in a soya vinaigrette

Broccoli, walnut & bacon salad with a ranch style dressing

Funky two colour cole slaw with dried cranberry & toasted walnuts

\$5 and up

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