

## Lunch Menu - Served until 4:00 PM

### Open-Faced Tartines, Panini's, Wraps and Sandwiches

*Served with a tasting of Waldorf Salad with apples, raisins and walnuts.*

#### California Chicken Wrap

*Fresh avocado, sliced chicken, red onion, shredded lettuce and our special herbed aioli on a whole wheat tortilla. Served with fries.*

\$11.59

#### Mediterranean Chicken Wrap

*Herbed Aioli, sliced poached chicken, red onion, sliced tomato, mixed greens, and feta cheese wrapped in a whole wheat tortilla.*

\$11.59

#### **NEW** Captain Cod Fish Wrap

*Two fillets of pan seared Cod with sliced tomatoes, mixed greens, and Tartar Sauce wrapped in a whole wheat tortilla. Served with fries.*

\$11.29

#### ♣ Very Vegetarian Tartine

*Grilled Country Bread with our flavourful herbed aioli, mixed greens, roasted red pepper, grilled portobello mushrooms and Monterey jack cheese.*

*Served with fries.*

\$11.59

#### Toasted Clubhouse

*Oven roast chicken, crisp bacon, real cheddar cheese, and tomatoes on your choice of our toasted house made breads. Three layers of delicious. Served with fries.*

\$13.25

#### Chicken and Walnut Quesadilla

*Grilled chicken breast, toasted walnut pieces, cheddar and Monterey jack cheese. Served with sour cream and salsa.*

\$11.49

#### Toasted Western

*Fresh eggs with onions and diced ham. Add real cheddar cheese for only a \$1.79 more. Served on your choice of our house made breads and with fries.*

\$10.49

*Substitute fries with Soup of the day or House Salad add \$1.69 or for Sweet Potato fries with Chipotle Aioli add \$2.19*

#### Chicken Pazzano with Flatbread

*For a light and delicious lunch try our marinated Chicken Breast served with Bruschetta, mixed green salad, our house made flatbread and aioli dipping sauce.*

\$10.99

#### **NEW** The Americano Tartine

*Grilled house made Country bread topped with a poached sliced chicken breast, roasted Roma tomatoes, mixed greens, herbed aioli, and mozzarella cheese. Served with fries.*

\$11.59

#### The Tuscan Tartine

*Our own grilled Country Bread topped with our herbed aioli, mixed greens, sliced smoked turkey breast, roasted Roma tomatoes, and feta cheese.*

*Served with fries.*

\$11.59

#### The "Odd Couple" Tartine

*A grilled chicken breast with sautéed bacon, honey mustard sauce and topped with melted Monterey Jack cheese on our own grilled Country Bread.*

*Served with fries.*

\$12.59

#### Roast Beef Tartine

*Grilled Country bread topped with sliced roast beef, caramelized onions and topped with provolone cheese. Served with fries.*

\$12.59

#### Smoked Meat on Rye

*Lots of smoked meat make this a hearty deli sandwich. Make it a Reuben with sauerkraut and Swiss cheese for only a \$1.30 more. Served with fries.*

\$11.29

#### Bacon, Lettuce & Tomato

*Crisp bacon, fresh sliced tomato and lettuce on your choice of our house made breads. Served with fries.*

\$9.99

#### ♣ Vegetarian

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## Gourmet Burgers and Fresh Cut Fries

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### Gourmet Swiss Mushroom Bacon Burger

*Our own burger topped with bacon, soy sauce sautéed mushrooms, Swiss Cheese and mayonnaise on our grilled focaccia. Served with fresh cut fries and a pickle spear.*

\$11.99

### Gourmet Canadian Burger

*A terrific blend of flavours starts with our own burger, Canadian bacon, honey mustard sauce, sliced tomato, and provolone cheese on our house made grilled focaccia. Served with fresh cut fries and a pickle spear.*

\$12.59

### Gourmet Chicken Burger

*Hand breaded Chicken Breast topped with lettuce, tomato and our herbed aioli on our house made focaccia. Served with fresh cut fries and a pickle spear.*

\$10.99

### Chicken Fingers and Fresh Cut Café Fries

\$11.49

### Gourmet Chipotle Burger

*Our own burger with chipotle smoked barbeque sauce, cheddar cheese, caramelized onions, and sliced tomato on our grilled focaccia. Served with fresh cut fries and a pickle spear.*

\$11.99

### Gourmet Blue Pig Burger

*Our own burger crusted with Blue Cheese and bacon, topped with caramelized onions on our house made focaccia. Served with fresh cut fries and a pickle spear.*

\$12.59

### ♣ Gourmet Veggie Burger

*Our classic veggie burger topped with our herbed aioli, roasted red pepper, avocado and caramelized onions on our house made focaccia. Served with fresh cut fries and a pickle spear.*

\$11.99

### Poutine

*Café Fries topped with melting cheese and smothered in buttermilk gravy.*

\$7.39

### Basket of Fresh Cut Café Fries

\$4.99

*Substitute Soup or House Salad instead of fries add \$1.69 or get Sweet Potato Fries with Chipotle Aioli for only \$2.19 more.*

## House-made Soups and Salads

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*Our house made salad dressings include, Toasted Pecan, Athena, Honey Pepper Lime, Farmers Ranch, Garden Vinaigrette, and Asian Sesame.*

### Soup of the day

*Our outstanding soups are "made from scratch" each day.*

\$5.99

### Caesar Salad

*Fresh Romaine lettuce with bacon bits, croutons, and our own Industrial Strength Dressing.*

\$9.49

**Add a grilled chicken breast to your salad**

\$3.70

### House Salad

*Mixed Greens with red onion, tomato, shredded carrot, and cucumber served with your choice of our dressings.*

\$8.99

### Greek Salad

*Fresh Romaine and Leaf Lettuce mixed with red onion, cucumber, tomato, olives, Feta Cheese and our Athena Dressing.*

\$9.99

### Asian Salad

*Mixed Greens with diced red pepper, toasted sliced almonds, wonton crisps and served with our Asian Sesame Dressing.*

\$8.89

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## Cold Beverages

<b>Large Soft Drinks</b> ..... \$2.99 <i>Coke, Diet Coke, Sprite, Ginger Ale, Iced Tea, Orange Fruitopia, Cranberry and Root Beer</i>	<b>Minute Maid Fruit Juices</b> ..... \$2.99 <i>Large Orange or Apple Juice</i>
<b>Milk</b> ..... \$2.99 <i>2% white, chocolate or buttermilk</i>	<i>Small Orange or Apple Juice</i> ..... \$2.49
<i>Small Milk</i> ..... \$2.49	<b>Small Soft Drinks</b> ..... \$2.49
<b>Tomato Juice</b> ..... \$2.99	<b>Bottled Water</b> ..... \$2.09
	<b>Perrier</b> ..... \$3.79

## Hot Beverages

<b>Café Tea</b> ..... \$2.89 <i>See our tea menu for our extensive variety of teas.</i>	
<b>Café Hot Chocolate</b> ..... \$2.99 <i>With whipped cream</i>	
<b>Coffee - Freshly Ground</b> ..... \$2.89 <i>Bottomless cup.</i>	

## Dessert Menu

*We proudly make all of our own desserts and pastries in house and from fresh and natural ingredients.*

<b>Buttermilk Lemon Pie</b> <i>Made with fresh lemons to ensure that tangy lemon flavour. Topped with real whipped cream. This is our signature dessert.</i> \$6.49	<b>Crème Brulee</b> <i>This is truly a decadent dessert. But after all, you deserve it.</i> \$6.99
<b>Nan's Carrot Cake</b> <i>A lovely moist cake frosted with a decadent cream cheese icing.</i> \$6.49	<b>Mississippi Mud Pie</b> <i>Chocolate and Caramel meet Peanut Butter in a rich and yummy dessert.</i> \$7.29
<b>Double Chocolate Mousse</b> <i>Two layers of delicious gluten free cake topped with dark chocolate mousse, white chocolate mousse flavoured with a hint of orange and covered in dark chocolate ganache and white chocolate shavings. A very special dessert.</i> \$7.49	<b>Three R's Pudding</b> <i>Twenty years of testing has resulted in this delicious pudding of rice, raisins, and a hint of rum. Topped with cinnamon and real whipped cream.</i> \$5.99  <i>Add a scoop of vanilla ice cream or frozen yogurt to any dessert.</i> \$1.99

### Pastry Chef's Special Desserts

*Ask your server about our variety of fresh with the season and alternative desserts.*

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