



LUNCH

Chef's Assorted Sandwiches & Wraps	\$12
Combo 1 -- served with feature soup	\$16.5
Combo 2 -- served with salad	\$16.5
Combo 3 -- served with soup & salad	\$20.5

Feature Soup -- Please ask us!!!

Salad Selection

Garden Greens with Italian
Vinaigrette
Classic Caesar Salad
Greek Salad
Toasted Organic Quinoa with Lemon
Tahini Vinaigrette

Signature Lasagna \$19

your choice of beef, veggie, chicken,
served with classic caesar salad,
garlic toast, and butter
(minimum 10 ppl) V

Mac & Cheese \$18

comfort food!
cheesy macaroni topped with herb
crumbs and served with local green
salad, bread basket & butter
add chicken, or beef, or bacon
(minimum 10 ppl) V

Classic Chili \$18

hearty beef, chicken, or
vegetable, served with classic
caesar salad, cornbread &
butter
(minimum 10 ppl) V/GF

GF: GLUTEN FREE OPTIONS AVAILABLE
V: VEGAN OPTIONS AVAILABLE
DF: DAIRY FREE OPTIONS AVAILABLE
NF: NUT FREE OPTIONS AVAILABLE

Sandwich / Wrap Selection

Roast Chicken Waldorf on Rye
Tuna salad, pickled radish, dried tomato
Roast beef with grilled onions, rocket and
tomato jam on sourdough
Montreal Smoked Beef, mustard and
pickles on rye
Bacon, lettuce, tomato, and mayonnaise,
white bread
Turkey or Ham and Swiss cheese on
white
Classic chicken caesar wrap
Heirloom vegetable and ricotta spinach
wrap
Egg salad wrap

Enchiladas \$19

loaded with beans, vegetables,
wrapped and covered with house
made enchilada sauce, your
choice of beef or chicken or
vegetables, served with chips,
salsa, sour cream, and chop salad
(minimum 10 ppl) V

Creamy Sundried Tomato Chicken Penne \$19

creamy pasta with seasoned
vegetables served with mixed
green salad, bread basket &
butter
(minimum 10 ppl)



LUNCH & DINNER

Ginger Beef Stir Fry

tender beef, seasonal veggies, green onions, & honey soy vinaigrette, served with sticky rice (minimum 10ppl) GF/DF

L - \$19

D - \$21

Jamaican Jerk Chicken

fragrant boneless chicken, served with rice, green salad, naan bread (minimum 10 ppl) GF

L - \$21

D - \$25

Greek Feast

chicken souvlaki (2/pp), served with hummus, tzatziki, rice pilaf, pita, and fresh greek salad (minimum 10 ppl) GF/V

L - \$21

D - \$25

Salmon & Bannock

berry salsa, hazelnut butter, and black bean, corn, chick pea salad (minimum 10 ppl) GF

L - \$25

D - \$28

Butter Chicken

fragrant boneless chicken, served with rice, green salad, naan bread (minimum 10 ppl) GF

L - \$21

D - \$25

Smoke House Delight

choose half rack rib (1 pp), or beef brisket, served with home cut seasoned fries, cole slaw and corn bread (minimum 10 ppl) GF

L - \$25

D - \$28

Ask us about
our daily
monthly specials

GF: GLUTEN FREE OPTIONS AVAILABLE
V: VEGAN OPTIONS AVAILABLE
DF: DAIRY FREE OPTIONS AVAILABLE
NF: NUT FREE OPTIONS AVAILABLE

LUNCH & DINNER

I NEED SOME FOOD THERAPY

Grilled Chicken Caesar
caesar dressing, crisp romaine,
parmesan cheese, herbed
croutons, bacon bits and grilled
chicken
GF

\$17.75

Mexican Beef Bowl

\$18.00

mexican spiked beef, seasonal
grilled vegetables,
cilantro-lime rice
GF/DF

Bangkok Noodle Salad
rice noodles, green onions, cilantro,
peanuts, carrots, chicken in our
signature peanut sauce.
Choose from prawns, chicken, or
veggie
GF/DF

\$17.75

Cobb Salad

\$17.75

boiled egg, bacon, turkey, grilled
chicken, swiss cheese, avocado,
tomatoes, cucumbers, and ranch
dressing.
GF/DF

Dragon Bowl
a bowl full of grains, raw veggies,
roasted veggies, various greens,
with our silky peanut dressing.
Choose from salmon, prawns,
chicken, or veggie
GF/DF/V

\$17.75

Greek Orzo Salad

\$17.75

orzo, cucumber, tomato, olives,
red onion, crumbled feta,
greek vinaigrette
DF/V

Buddha Bowl
a bowl with maple roasted chic
peas, avocado, sweet potatoes
and tahini dressing
GF/DF/V

\$17.75

**Southwest Chop
Chicken Salad**

\$18.00

black beans, bell peppers, tomatoes,
sweet corn, green onions, and
cilantro-lime dressing
GF

GF: GLUTEN FREE OPTIONS AVAILABLE
V: VEGAN OPTIONS AVAILABLE
DF: DAIRY FREE OPTIONS AVAILABLE
NF: NUT FREE OPTIONS AVAILABLE

