

SANDWICHES

Chicken

havarti, arugula, pickles, chipotle aioli
13

Italian Grinder

calabrese, napoli, finocchio, prosciutto,
iceberg, pepperoncini, red onion,
parmesan, provolone, aioli
13

Vegetable

arugula, white bean spread, roasted
garlic, rosemary, portobello mushroom,
pickled red onion [v]
12

Turkey Wrap

smoked turkey, old fashioned ham, basil
pesto aioli, provolone, spinach, red onion
15

HOT SANDWICH

available everyday at 12pm

rotating menu item

\$15

MEALS

Orzo Salad

marinated chicken breast,
orzo, red onion, tomatoes,
olives, cucumber, feta
15

Southwest Chicken Bowl

braised chicken thighs, corn, beans,
red peppers, spices, rice, chipotle
aioli, cheddar cheese
15

BEVERAGES

bottled water 2.5

bubly 2

pop 2

coffee 2.5



SIDES & SALADS

Garden Salad

seasonal ingredients from growers
station [gf/v]
7

Caesar Salad

romaine, local bacon, parmesan, garlic
dressing, focaccia croutons
7

DRESSINGS

greek [v]

maple garlic

chipotle ranch

pomegranate balsamic (v)

SWEETS

Donut **NEW**

seasonal flavour
5

Cookies

dark chocolate & walnut **or**
carrot cake & icing [gf/v] **or**
3

Cookie Sandwich

chocolate crinkle cookie,
vanilla buttercream filling
4.5

Banana Bread

double chocolate
4