

# Soup4U



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## **Pastries \$2.50**

Muffins

Scones

Croissants

Assorted Loaf Slices

Cinnamon Buns

Rice Krispy Squares

Assorted Danish

Assorted Tea Scones

Almond Croissants

## **Dessert Bars & Squares \$3.75 each**

Variety may include: Butter tarts, Nanaimo bars, raspberry almond slice bars, fudge brownies, cranberry oat bars, Belgium brownies, lemon zing bars, blueberry crumble bars & chocolate peanut butter oat bars.

## **Cookies \$2.50 each**

Chocolate chip, double chocolate chip, Smarties & oatmeal raisin

## **SOUPS \$6.50** Served with a chipotle cheddar biscuit.

Harvest Butternut Squash - Rich butternut squash simmered with cream and a blend of ginger, cinnamon and nutmeg.

Loaded Baked Potato - Roasted potatoes, bacon & chives.

Vegan Vegetable -Made with carrots, tomatoes, Great Northern beans and red lentils.

Wicked Thai Chicken - Blend of chicken, rice, peppers and lemongrass, enhanced with the flavour of coconut in a spicy broth.

Homestyle Chili – Beef, beans, onions, celery, mushrooms in a spicy broth

**GOURMET SANDWICHES \$7.50 each**

Montreal Stacker- Montreal smoked beef, horseradish, Dijon mustard, leaf lettuce & Swiss cheese on a pretzel bun.

Pesto Polo- Smoked chicken breast, bell peppers, leaf lettuce & pesto mayo on focaccia.

Sunday Roast Beef- Shaved roast beef, Havarti, horseradish, Dijon mustard & leaf lettuce on multigrain French.

West Coast Classic- Smoked salmon, red onions, sprouts, capers & dill cream cheese on an onion poppy seed bagel.

Shrimp Salad- Baby shrimp with peppers, onion, lemon & dill mayo on fresh baked croissant

Turkey, Bacon & Jalapeno Jack cheese- Smoked turkey, bacon, Jalapeno Jack cheese, leaf lettuce & tomato with guacamole & mayo on ciabatta bun

Falafel Pita- a warm pita bread stuffed with hot falafel balls, surrounded by cool and crunchy diced tomatoes, cucumbers, and onions, and drenched with nutty tahini sauce.

**SALADS \$7.50 each**

Gourmet Green Salad - Julienne carrots, bell peppers, cucumbers & cherry tomatoes with a selection of dressings

Classic Greek - Kalamata olives, cucumbers, bell peppers, red onions, feta cheese, tomatoes, olive oil, oregano, garlic, parsley, lemon juice & zest

Spinach & Pickled Beet Salad - Bell peppers, red onions, candied pecans & goat cheese with a selection of dressings

Potato Salad - Steamed potatoes, hard boiled eggs, bacon, green onions, roasted peppers, smoked paprika & grainy mustard vinaigrette.

Asian Noodle Salad - Chow mien noodles, julienne carrots, bell peppers, red onions, bean sprouts & baby corn with teriyaki sauce

Quinoa Salad - Fresh mint, parsley, lemon, peppers, onions, kale & grape tomatoes

Fusilli Pasta Salad - Peppers, grilled chorizo, parsley & sundried tomato pesto with asiago cheese