V Vegetarian Vg Vegan Gluten Free Dairy Free

SOUP $7.00

Comes with Cheese Chipotle Biscuit

Chicken-Orzo

Loaded Baked Potato

Taco Beef

Mushroom Barley V Vg

Lentil Detox V Vg

SALADS $9.00

Fusilli Pasta Salad

Peppers, Grilled Chorizo, and Sun-dried Tomato with Asiago Cheese

Quinoa Salad

Tri-coloured Quinoa, Peppers, Onions, Kale, Cherry Tomatoes with Lemon Vinaigrette

SANDWICHES $10.00

Montreal Stacker

Smoked Beef, Mustard, Leaf Lettuce, Swiss Cheese and Horseradish on a Pretzel Bun

Turkey-Jalapeño, Bacon

Smoked Turkey, Bacon, Jalapeño Cheese, Leaf Lettuce and Tomato with Avocado Spread and Mayo on Ciabatta Bun

Chicken Salad Wrap

Roasted Chicken, Celery, and Green Onion with Mayo in a Tomato Wrap

Mediterranean Wrap

Artichoke Spread, Hummus, Roasted Zucchini, Peppers and Arugula in a Tomato Wrap

PASTRIES

Muffin of the Day	$3.00
Apple Turnover	$3.00
Butter Croissant	$3.00
Assorted Cookies	$2.50

DESSERT $4.00

Ask Staff for Dessert Square flavours

BEVERAGES

Cold Drinks

Coca-Cola Products	
Matcha Latte	$4.25
Iced Coffee	$4.00
Milk/Chocolate Milk	$2.00
Core Power Protein	$6.00

Hot Drinks

Coffee	
Small	$1.75
Medium	$2.10
Large	$2.40
Cappuccino	$4.00
Latté	$4.00
Spiced Americano	$4.00
Flat White	$4.00
London Fog	$4.00
Tea	$2.50