

HOT LUNCH

minimums of 8, unless otherwise stated.
 buns & butter available for an additional \$0.85
 (gf) can be gluten-free (df) dairy-free (veg) vegetarian (v) vegan

	THE CALGARIAN roast beef on a kaiser, served with baked beans & a red potato salad	14.65
VEG	VEGETARIAN BURGER	14.65
	CHICKEN BURGER	15.85
GF	SERVED WITH A GLUTEN-FREE BUN	15.65
	BEEF DIP au jus on the side, served with an italian bistro roll & a tossed garden salad	12.60
	PULLED PORK ON A CIABATTA BUN with coleslaw, baked beans (or corn in the summer) & a tossed garden salad, served with a bun on the side	15.85
	GREEK SOUVLAKI chicken, beef, prawn, or vegetarian, served with lemon potato, a garden greek salad, pita bread & tzatziki. gluten-free without the pita bread	
GF	CHICKEN (5 OZ. SKEWER)	15.65
GF	EXTRA CHICKEN SKEWER	6.65
GF	BEEF (5 OZ. SKEWER)	15.65
GF	EXTRA BEEF SKEWER	6.65
GF	JUMBO PRAWN	18.45
GF	EXTRA PRAWN SKEWER	7.50
GF/VEG	VEGGIE KABOB OR VEGGIE TOFU KABOB (VEGAN) NO MIN.	15.65
GF/VEG	EXTRA VEGGIE OR VEGGIE TOFU KABOB NO MIN.	5.65
	TASTE OF INDIA butter chicken, basmati rice & naan bread, served with a classic spinach salad	17.35
VEG	BUTTER TOFU	17.35
	ITALIAN LASAGNE served with a garlic baguette & a ceasar salad (order in dozens)	
	BEEF	14.65
VEG	VEGETARIAN (MIN. 6)	14.65
	MEXICAN FAJITA sliced beef, sliced chicken, or vegetarian. made with cajun peppers, onions, tomatoes, olives & cheddar. rolled in a tortilla shell with sour cream & salsa on the side, served with a taquito salad with chipotle ranch	
	BEEF FAJITA gluten-free on request	15.45
	CHICKEN FAJITA gluten-free on request	15.45
	VEGETARIAN FAJITA gluten-free on request	15.45
	THAI CUISINE sliced chicken, sliced beef, or tofu stir fry. made with lemongrass & sweet chili sauce, served with mixed vegetables, steamed rice & oriental slaw	
	CHICKEN	15.65
	BEEF	15.65
V	TOFU STIR FRY	15.65
	UKRAINIAN	
	OPTION #1 cabbage & beef rice roll (1), cheese perogies & garlic sausage, served with fried onions & sour cream on the side with a tossed garden salad	15.45
VEG	OPTION #2 vegetarian cabbage & rice & onion roll (2), cheese perogies & garlic sausage, served with fried onions & sour cream on the side with a tossed garden salad	15.45



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	FRENCH peppercorn beef burgundy tenderloin tips, mushrooms & onions sautéed in a red wine peppercorn sauce, served over egg noodles with a mandarin nut salad	16.30
	VEGETARIAN TOFU BURGUNDY	16.30
	ROASTED CHICKEN assortment of roasted white & dark chicken (2 pieces/person), served with herb-roasted red potatoes & a tossed garden salad	
DF/GF	HERB-RUB	15.20
DF/GF	SWEET-CHILI GLAZE	15.20
	TERIYAKI GLAZE	15.20
	BBQ GLAZE	15.20
VEG	VEGETARIAN SOY NUGGETS	15.20
	TARRAGON CHICKEN BREAST creamy mushroom tarragon, served with garlic mashed potatoes & savory carrots	16.20
VEG	VEGETARIAN TOFU TARRAGON	16.20
	GRILLED CHICKEN BREAST served with a choice of oven-roasted potatoes, rice, or pasta, with a tossed garden salad	
	TERIYAKI	15.20
DF/GF	BBQ	15.20
DF/GF	SWEET-CHILI GLAZE	15.20
	CAJUN CHICKEN BREAST served with a fresh fruit salsa, rice pilaf & a tossed garden salad	15.20
	SOUTHWESTERN CHICKEN crispy chicken served with herb-roasted red potatoes & a spinach mandarin nut salad	15.35
VEG	SPINACH MANICOTTI in an alfredo sauce, served with a garlic baguette with parmesan cheese & a caesar salad	14.40
	SALMON creamy shrimp served atop grilled salmon with peas & honey glazed carrots & steamed rice	19.00
	SWEET & SOUR chicken, beef meatballs, or tofu. made with peppers onions & pineapple, simmered in a sweet & sour sauce, served with mixed vegetables & steamed rice	
GF	CHICKEN BREAST	14.95
	BEEF MEATBALLS	14.95
V/GF	VEGETARIAN TOFU	14.95
	TEXAS BLACK BEAN BEEF CHILI served with jalapeno cornbread & a tossed garden salad	14.15
VEG	GARDEN CHIPOTLE CHILI served with jalapeno cornbread & tossed garden salad	14.15
VEG	RICE STUFFED PEPPER served with a salad. vegan without cheese	13.15
VEG	STUFFED PORTOBELLO MUSHROOM vegan without cheese	9.20