

SANDWICHES, WRAPS & SUBS

Lunch items may be adapted to special dietary needs including gluten free, dairy free, vegetarian and/or vegan
Minimums of 8 may apply

DISTINCTIVE DELIS

DELI SANDWICHES variety of thick cut breads including rye, flaxseed, sour dough & whole wheat
8.25

DELI CROISSANTS
8.50

DELI WRAPS
8.00

DISTINCTIVE GARDEN lettuce, tomatoes, bell peppers, cucumbers, alfalfa sprouts & swiss cheese, with mustard & mayo

SLOW ROASTED BEEF lettuce, tomatoes, cheddar cheese, thin sliced pickle & grain mustard mayo

SMOKED TURKEY lettuce, tomatoes, provolone cheese & sundried tomato aioli

MONTREAL SMOKED MEAT lettuce, tomatoes, thin sliced pickle, swiss cheese & roast garlic herb mayo

CLASSIC EGG OR TUNA SALAD lettuce, tomatoes

GOURMET WRAPS & SUBS

GOURMET WRAPS
9.00

GOURMET SUBS
9.50

RED THAI CHICKEN lettuce, tomatoes, alfalfa, swiss cheese & sundried tomato aioli

MONTREAL SMOKED MEAT lettuce, tomatoes, provolone cheese, pickle, roasted red peppers, grain mustard mayo

SMOKED TURKEY bacon, lettuce, tomatoes, swiss cheese & roast garlic herb mayo

CALIFORNIAN herb roasted chicken breast, smashed avocado, roasted red peppers, cheddar & sundried tomato mayo

ALBERTAN roast beef, cheddar cheese, lettuce, tomatoes, pickle, red onion & grain mustard mayo

GARDEN VEGETABLES herb roasted vegetables, lettuce, tomatoes, alfalfa, avocado, provolone & roast garlic mayo

SPECIALTY BAGEL (SERVED OPEN FACE)

10.00

TOMATO PESTO CHICKEN SALAD herb cream cheese, chicken breast bound with sundried tomato aioli

SMOKED SALMON herb & caper cream cheese, Canadian smoked salmon & red onion

MONTREAL SMOKED MEAT herb cream cheese, smoked meat & grain mustard mayo

SMOKED TURKEY herb cream cheese, smoked turkey, roasted red peppers & garlic herb drizzle