

Sandwiches: With potato salad or chips

Grilled Cheese

Egg Salad or Ham

Turkey or Tuna

Soup by the bowl

see the chalk board or counter sign for today's soup

Soup and Sandwich

any of the above sandwiches with a cup of today's soup

Panini: With potato salad or chips

Chicken or Italian

Wraps

Veggie Chicken

Savoury

Sausage or Chicken Roll

Samosa: Veggie or Italian

Spanakopita

Cornish Pasty

Calzone: Veggie or Italian

Salads:

Tuscan Green Salad

Dried Cranberry, Pecan & Brie on a bed of Tuscan greens

Chili (veggie)

Macaroni & Cheese

Daily Lunch Feature: We are pleased to feature daily hot lunch specials. All lunch specials are served with a side salad.



Coffee

Africano
Americano
Café au Lait
Cappuccino
Espresso
Latte

Tea

Loose leaf teas
Orange Pekoe
London Fog
Chai Tea Latte
Victoria Mist

Hot Drinks

Hot Chocolate
Steamed Milk

Prices for the above drinks are shown on the black board at the register

Soft Drinks:

Coke
Diet Coke
Ginger Ale
Ice Tea

Organic Soda:

Orange Mango
Root Beer
Lemon Lime
Raspberry Lemonade

V8:

Original
Pomegranate/Blueberry
Strawberry/Banana

Happy Planet:

Extreme purple
Extreme green
Mango

Guayaki Mate:

Explorer mint
Raspberry revolution

Venga:

Brainstorm
Rehydrate

Water

Bottled: Vitamin Water: Mineral Water (San Pellegrino):

Blended Smoothies Assorted Flavours:

Nutritional Compliments: Whey Protein or Super Green Blend

Apple Juice

Orange Juice

Milk

Chocolate Milk

Beer

Coors Light & Sleeman Pale Ale
Corona & Heineken

Okanagan Cider (alcoholic)

Apple Peach Pear

