Salad Selection - by weight
$ 1.29 -$ 2.39 per 100g

Potato Salad
Greek Style Pasta Salad
Coleslaw (Vinaigrette)
Curried Cous Cous Salad
Egg Salad
Curried Chicken Salad
(green apple, celery and onion)
Tuna Salad
Black Bean and Corn Salad
Asian Noodle Salad

BREAKFAST
Breakfast is served from
7:30am - 11:00am, Monday – Friday
7:30am - 12:00pm - Saturday

Two farm fresh eggs served with bacon or ham,
pan fried potatoes, white or multigrain toast and coffee/tea $6.95
Toasted Western Sandwich $6.25
BLT Sandwich $4.50
Bacon, Egg and Cheddar Sandwich $6.95
Butter Croissants, Scones and Muffins

Saturday Special
Omelette of the week $6.50 - $7.50
Wild Blueberry Pancakes $5.95

Available During Lunch & Dinner

Grilled Sandwiches

In House Roast Beef with Cheddar and Caramalized Onion $8.50
Grilled Vegetables with Goat Gouda $8.25
Smoked Meat on a Pretzel Roll $7.99
Grilled Reuben Sandwich with Cole Slaw $9.25
Funky Grilled Cheese $7.59
(Danish Fontina,Mild Cheddar,Stilton and Caramelized Onion)

Cold Sandwiches

In House Roast Beef	½ $3.99	full $6.99
Black Forest Ham	½ $3.49	full $6.49
Oven Roasted Turkey	½ $3.99	full $6.99
Egg Salad	½ $3.29	full $5.29
Tuna Salad (in a Chipotle Mayo)	½ $3.99	full $6.99
Curried Chicken Salad	½ $4.29	full $7.29

Homemade Soup (choice of two daily)
Beef or Chicken Pot Pie
Beef or Veggie Lasagna

DINNER
5:00 – 7:00pm Monday –Friday
Two entrees are available each night.
Examples of entrees are as follows:

Entrees

African Pork and Peanut Stew
½ BBQ Chicken
Stuffed Chicken Breast (various fillings)
Beef Vegetable Stew in Wine Sauce
Hungarian Goulash
Chicken Parmesan
Pork Tenderloin (Variety of sauces)
Angus meatballs in a Marinara Sauce served over Pasta
Seared Atlantic Salmon
Dinners include 2 Sides-- Choices change daily $9.95 - $ 14.95

Start your day with a cup of our
fair-trade organic dark roast coffee
and a fresh baked croissant, muffin,
pain au chocolat or other breakfast treat.
We offer everything from a full breakfast with
farm fresh eggs to toast and fresh fruit salad.

We have an ever changing Lunch and Dinner menu.
Come for a meal in our cozy Cafe or we can package your selections to go.

In our freezer, we stock a variety of fresh-made soups, and individual meals, including:

- **Beef and Veggie Lasagna**
- **Chicken and Beef Pot Pies**
- **Quiche -Lorraine, or Mushroom, Leek and Chevre**
- **Hungarian Goulash**
- **Beef Stew, Pork and Peanut Stew**
- **Pulled Pork Shepherds Pie, Mexican Shepherds Pie**
- **Veggie and Meat pasta sauces**

Many items are Gluten Free.

We stock **Farm Fresh Eggs** from Oxford Station, tomatoes from Glenburnie's Sun Harvest Farm, 2% white milk and Half & Half by the litre and a variety of breads and rolls both large and small.

In our Deli, we have a selection of cheeses from Ontario and Quebec, as well as a large variety of cheese from Europe. Here you will also find Angus Beef, roasted in house, Lyons Family Farm oven-roasted and smoked turkey, grain-fed and raised hormone-free in Spencerville.

Their turkey sausages are gluten-free, and our European slab bacon is lower in fat and sodium, and cut to order. Thursday through Saturday, we have our White Truffle Chicken Liver Pate.