

WINTER

Lunch Feature Menu

AVAILABLE
11AM to 4PM

ADD YOUR CHOICE OF SWEET POTATO FRIES,
HOUSE SALAD OR SOUPS OF THE DAY TO THE FOLLOWING.

VEGGIE WRAP\$12.00

Spinach tortilla shell filled with micro greens, sliced roma tomatoes, red onions, roasted red peppers, sliced cucumbers and feta cheese with basil mayonnaise

MAKE IT A ½ WRAP FOR ONLY \$7.50

CRANBERRY CHICKEN WRAP\$13.50

Whole wheat tortilla shell filled with leafy lettuce, red onions, red peppers, roma tomatoes, grilled chicken breast and swiss cheese with cranberry mayonnaise

MAKE IT A ½ WRAP FOR ONLY \$8.50

CALIFORNIAN WRAP\$12.50

Sundried tomato tortilla shell filled with roasted red peppers, artichokes, avocados, alfalfa sprouts, jalapeno jack cheese with an olive tapenade spread

MAKE IT A ½ WRAP FOR ONLY \$7.50

SUMMER SALMON\$14.00

grilled salmon, balsamic onions, roma tomatoes, and micro greens with avocado mayo on naan bread

FALL VEGETABLE PANINI ...\$12.50

Grilled zucchini, eggplant, peppers, red onions, roma tomatoes and greens with a Hummus Spread on sourdough

MAKE IT A ½ PANINI FOR ONLY \$7.50

CHICKEN SOUVLAKI\$13.50

2 skewers of chicken breast marinated in traditional lemon garlic, skewered and grilled. Served with tzatziki sauce

MAKE IT 1 SKEWER FOR ONLY \$8.50

HAWAIIAN CLICKERS\$13.00

2 mini house made ground turkey burgers individually topped with Spinach, roma tomatoes, balsamic onions, pineapple and jalapeno peppers on whole wheat buns

A BOWL OF OUR HOUSE MADE SOUP IS INCLUDED WITH THE FOLLOWING.
CHOOSE TO ADD EITHER GRILLED CHICKEN BREAST OR A GRILLED SALMON FILLET FOR \$3.50

CAESAR SALAD \$10.50

romaine, parmesan, house made croutons all tossed in our garlicky house made creamy dressing

MEDITERRANEAN COUSCOUS... \$11.50

Israeli couscous, romaine lettuce, diced peppers, red onions, tomatoes, cucumbers and black olives tossed with balsamic vinaigrette

SPINACH SALAD \$11.50

Fresh Spinach with Sweet Red Onions, Toasted Almonds, Chopped Egg, and Strawberries with Raspberry Vinaigrette

Canadian Club®

WINTER

Feature Cocktails

BYFUGLIEN BURGUNDY

- 1 oz Canadian Club
- Ginger ale
- Splash of Cranberry Juice

BREAKAWAY

- ½ oz Canadian Club Sherry Cask
- ½ oz Alizé Red Passion Lemon Juice
- Soda

ENFORCER

- ½ oz Canadian Club Classic
- ½ oz Red Stag
- Cranberry Juice
- Splash of Lime juice

RED LINE

- ½ oz Red Stag
- ½ oz Bols Red Orange
- Cranberry Juice
- Soda

BLUE LINE

- ½ oz Banff Ice Vodka
- ½ oz Bols Blue Curacao
- Sprite
- Splash of Lime Juice

OVERTIME

- ½ oz Sauza Gold Tequila
- ½ oz Apple Sourpuss
- Soda
- Splash of Lime Juice

\$5.80