

LOUNGE MENU

YOGURT GRANOLA BOWL

greek yogurt | 100% pure maple syrup | homemade granola | berries – VG

ARTICHOKE SPINACH DIP

artichokes | spinach | creamcheese | mozzarella | tomato garnish |
fresh corn chips | warm pita points

MESCLUN SALAD

mixed greens | pickled carrots | red cabbage | cucumbers | fried onions |
toasted peanuts | maple-grainy mustard vinaigrette – V, VG *contains nuts

FLATBREAD

tomato sauce | caramelized onions | smoked cheddar | bocconcini | fresh
basil | pesto aioli – VG

CHICKEN & RICE BOWL

steamed basmati | green onions | red cabbage | cucumber | garlic ginger
chicken | chipotle aioli | marinated carrots | pea tenders – GF

PRIME RIB SANDWICH

shaved prime rib in sauce | swiss cheese | horseradish mayo | lettuce |
tomato | brioche bun | with soup or salad

ITALIAN SANDWICH

tuscan ham | mortadela | salami | smoked mozzarella | roma tomatoes |
sundried tomato aioli | toasted schiacciata bread | with soup or salad

TURKEY B.L.T. SANDWICH

smoked turkey | crispy bacon | smoked mozza | spring mix | beefsteak
tomatoes | pickled red onions | grainy mustard aioli | toasted schiacciata
bread | with soup of salad

BEVERAGE MENU

HOT BEVERAGES

TEA Herbal or Black

COFFEE Fresh Brewed

HOT CHOCOLATE

COLD BEVERAGES

BUBLY Sparkling Water

REMEDY Organic Kombucha

(ask about our current flavours)

GOODDRINK Lemon Iced Tea

HEALTHY SMOOTHIES

All smoothies are made with greek yogurt, almond milk & sweetened with honey.

GREEN GOODNESS

Spinach, Green Apple, Banana, Avocado

BANANA-BERRY

Banana, Strawberry, Blueberry, Avocado