



Healthier Choice Lunch Menu

Leaf Lettuce Wraps

\$3.75 per wrap

Lean Deli Meats and Egg & Tuna Salad wrapped in Iceberg, Romaine & Leaf Lettuce Leaves – with Light Mayo, Hummus & Mustard

Grilled Chicken Breast on a Multigrain Baguette

\$6.50 per baguette

- 1) – Goat Cheese, Roasted Red Pepper & Arugula
 - 2) – Old Cheddar, Turkey Bacon, Tomatoes & Lettuce
- *Served with Mayo & Mustard on the side

Chicken, Beef or Shrimp Stir-fry

\$10.75 per person

Sautéed Fresh Vegetables such as: Peppers, Celery, Bok Choy, Mushrooms, Onions Topped with Bean Sprouts - served with Brown Rice

Crustless Vegetarian Quiche

\$6.50 per person – add Bacon, Ham OR Chicken - \$2.00 pp

Variety of Fillings including: Spinach, Leek, Peppers, Mushrooms, etc.

Meal Salads – Min. Order of 6 p.

\$12.75 pp

Cobb Salad - Avocado, Bacon, Boiled Eggs, Ham, Chicken, Tomato, Cheddar or Feta Cheese & Romaine with Choice of Dressing

Spinach & Quinoa Salad - Spinach, Pear, Cheddar & Roasted Almond Salad Topped with Grilled Chicken Slices with Greek Yogurt Dressing

Mixed Green Salad - Poached Salmon Flaked on Mixed Greens with Mandarins, Sunflower Seeds & Roasted Red Onions - Sesame Dressing

Greek Salad - Traditional Greek Salad with Tomatoes, Kalamata Olives, Feta, Cucumbers and Oregano – served with a Marinated Pork Skewer

Extras:

- Chef's Choice Homemade Soup OR Side Salad for \$3.75 pp.
- Vegetarian Moroccan Stew, Turkey Chili OR Chicken Stew - \$5.75 pp
- Vegetables, Breadsticks, Babaganoush & Hummus - \$4.25 pp

Dessert:

- Fresh Fruit Skewers with Yogurt Dipping Sauce - \$3.75 per skewer
- Fruit Salad OR Fresh Fruit with Whipping Cream - \$3.75 per person



705.735.2727

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