THE CLASSICS

Tuna Sandwich: White Albacore Tuna Salad on Light Rye

Egg Salad Sandwich: Classic Egg Salad on a Rustic Multigrain

Roast Beef & Cheddar: Slow Roasted Beef, Aged Cheddar on a Cracked Wheat Bread

Ham & Swiss: Shaved Ham, Swiss on a Light Rye

NOT SO CLASSIC

Tuna: White Albacore Tuna Salad on a Classic Pan Bagnat

Grainy Dijon Egg Salad: Classic Egg Salad with a hint of grainy Dijon on a Poppy Seed Pan Bagnat

THE CREPES

Ham & Cheese Black Forest Ham, Swiss Cheese, béchamel wrapped in a Buckwheat Crepe

Grilled Chicken & Ancho Chipotle Grilled Chicken, Provolone & ancho chipotle wrapped in a Buckwheat Crepe

Grilled Vegetable & Pesto Grilled Seasonal Vegetables, shredded with Jalapeno Havarti, Pesto Mayo in a Buckwheat Crepe

ENTRÉE SALAD

The Ultimate Greek Salad Free-range grilled chicken, feta cheese, red onion, peppers and pita chips with romaine lettuce

Vegan Powerhouse Salad Broccoli, edamame, carrots, sunflower seeds, walnuts, craisins with baby kale, arugula & radicchio

Spicy Asian Noodle Salad with Edamame Noodles, Edamame, Broccoli, Carrots, slivered almonds with spinach and shredded red cabbage

Not So Classic Cobb Salad Free-range grilled chicken, hard boiled egg, walnuts, beets and goat cheese with romaine lettuce and radicchio

MISCELLANEOUS

FRESH FRUIT SALAD Fresh seasonal fruit, cut into bit size pieces

CRUDITÉ Seasonal Fresh vegetables, served with classic ranch

HUMMUS Our home made hummus, drizzled with olive oil and served with pita triangles

YOGURT PARFAIT Fruit infused yogurt and granola

FRUIT & YOGURT Fresh Seasonal Fruits with a yogurt dip

MEDITERRANEAN DIP BISTRO BOX Hummus, Tabbouleh with Pita Pockets & Vegetables

FALAFEL Fresh falafel balls fried, served with Tzatziki

PROTEIN BISTRO BOX Hard Boiled Egg, Quinoa Salad, Sharp White Cheddar, Grapes

THE SPECIALTY

Steak, Caramelized Onion & Chevre: Beef, caramelized onions, Goat Cheese, Dijon Horseradish on a soft artisan baguette

Black Forest Ham, Brie & Country Mustard Roasted Black forest Ham, Brie Cheese, mustard, oven roasted tomato on a croissant

Tuscan Grilled Chicken & Jalapeno Havarti Marinated Grilled Chicken, Jalapeno Havarti, Ancho Chipotle Sauce on ciabatta

The Italiano Prosciutto, Genoa Salami, Black Forest Ham, Provolone & Pesto on a Bagnat

Prosciutto & Grilled Pear Prosciutto, marinated grilled Pear, Canadian Brie, on a Cranberry Baguette

Caprese Tomato, marinated bocconcini, fresh basil, Pesto Aioli, Vegetable II Perfetto

Portobello & Roasted Red Peppers Grilled Portobello, Roasted Red Pepper, Jalapeno Havarti, Ancho chipotle mayo

EMPANADA

Spicy Chicken Pulled chicken with a hint of chipotle, wrapped in a pastry

Peruvian Beef Mildly spiced with beef cooked with potatoes and raisins, wrapped in a pastry

Vegetable Seasonal vegetables, sweet potato & kidney beans marinated in sofrito, wrapped and baked in a pastry

Vegetable Samosa (2pcs) Seasonal vegetables and spices filled in a pastry and fried

Beef Pattie

Roti & Chicken Curry Wrap Braised Chicken Curry, wrapped with Roti, served with a side of fresh seasonal greens

Roti & Jerk Pork Wrap Roasted Jerk Pork, wrapped with Roti, served with a side of fresh seasonal greens

QUICHE

QUICHE LORRAINE Classic quiche Lorraine – Bacon, Egg custard, baked in a flaky crust with onions and Swiss cheese

GARDEN VEGETABLE Fresh vegetables, and egg custard baked in a flaky crust

SPINACH & MUSHROOM Sautéed spinach and mushroom, mixed with our egg custard

BAKED GOODS

FRESH BAKED SCONES
- White cheddar thyme
- Lavender earl grey
- Orange cranberry
- Date hazelnut cardamom
- Chocolate almond toffee

FRESH BAKED MUFFINS
- Morning glory
- Orange date hazelnut (roasted pumpkinseeds)
- Summer berry with pecan crunch
- Banana and chocolate chips
- Cranberry orange
- Caramel swirl with score