

## bakery

|                                       |      |
|---------------------------------------|------|
| Fresh Scone                           | 2.50 |
| Bagel <i>(with cream cheese +.50)</i> | 1.75 |
| Yogurt                                | 1.25 |
| Yogurt and Granola                    | 3.75 |

## snacks

|                          |             |
|--------------------------|-------------|
| Soup of the Day          | 3.95 / 5.25 |
| Chicken Caesar Pita Wrap | 7.25        |
| Quiche du Jour           | 6.75        |
| Grilled Veggies          | 4.50 / 7.50 |
| Hummus Plate             | 7.95        |
| Seasonal Fresh Fruit     | 6.25        |

## sandwiches

*sandwiches include tomatoes, onions, and Chef's special aioli*

|   |      |
|---|------|
| Grilled Veggie Sandwich                         | 8.50 |
| Grilled Chicken Sandwich <i>parmesan cheese</i> | 8.95 |
| Grilled Salmon Sandwich                         | 8.95 |
| Grilled Prawn Sandwich                          | 9.95 |
| Roasted Turkey and Swiss <i>guacamole</i>       | 8.95 |
| PB & J Sandwich <i>with chips</i>               | 4.50 |

## salads

|   | side | entrée |
|---|------|--------|
| Caesar Salad                                    | 4.75 | 6.75   |
| Mixed Greens with Balsamic Vinaigrette          | 4.75 | 6.75   |
| <i>any salad with grilled chicken or salmon</i> | 7.25 | 8.95   |
| <i>any salad with grilled prawns</i>            | 7.75 | 9.95   |

## quesadillas

|                                   |      |
|-----------------------------------|------|
| Cheese                            | 5.25 |
| Grilled Chicken                   | 7.75 |
| Grilled Vegetable and Feta Cheese | 7.75 |

## lunch combos

|   |      |
|---|------|
| Half Grilled Veggie Sandwich with Soup or Salad                           | 8.50 |
| Chicken Caesar Pita Wrap with Soup or Salad                               | 8.75 |
| Half Grilled Chicken or Half Turkey and Swiss Sandwich with Soup or Salad | 8.75 |
| Half Grilled Salmon Sandwich with Soup or Salad                           | 8.95 |
| Half Grilled Prawn Sandwich with Soup or Salad                            | 9.95 |
| Quiche with Soup or Salad   | 8.75 |
| Soup and Salad  | 8.25 |

## pizza

|  |       |
|--|-------|
| Cheese   | 8.50  |
| Pepperoni  | 8.50  |
| Margherita <i>tomatoes, basil, mozzarella</i>                              | 11.00 |
| Chicken Pesto <i>goat cheese, mozzarella</i>                               | 11.00 |
| Grilled Salmon <i>pesto, goat cheese</i>                                   | 11.00 |
| Canadian Bacon and Pineapple   | 11.00 |
| BBQ Chicken <i>green onions, mozzarella</i>                                | 11.00 |
| Mediterranean <i>artichoke, roasted garlic, tomatoes, feta, mozzarella</i> | 11.00 |
| Veggie <i>feta, mozzarella</i>   | 11.00 |

## desserts

|                                |      |
|--------------------------------|------|
| Russell's Famous Bread Pudding | 5.25 |
| Chocolate Gateau               | 5.25 |
| Cookies                        | 1.50 |
| Biscotti                       | 2.00 |

## beverages

Espresso • Tully's Coffee • Republic of Tea • Soda  
Bottled Juices • Bottled Beer • Wine