sammie

all sandwiches come with a side of chips, pickles & carrots.

gluten free +3

EGG SALAD 12
classic egg salad with fresh greens, tomato & onion.

TUNA SALAD 12
with fresh greens, tomato & onion.

SALMON SALAD 12
with fresh greens, tomato & onion.

TURKEY 14
turkey, swiss cheese, fresh greens, tomato, onion, mayo & mustard.

HAM 14
ham, swiss cheese, fresh greens, tomato, onion, mayo & mustard.

ROAST BEEF 16
beef, cheddar cheese, fresh greens, tomato, onion, mustard & horseradish-mayo.

SOUP N SAMMIE COMBO 16
half a sandwich with a side soup.

TURKEY BACON PESTO 16
turkey, bacon, swiss cheese, fresh greens, tomato, basil pesto & mayo.

GRILLED CHEEZ 16
cheddar or swiss cheese.

TURKEY CRAN NAANWICH 17
turkey, swiss cheese, greens, tomato, onion & cranberry- mayo.

HAM & SWISS NAANWICH 17
ham, swiss cheese, greens, tomato, onion & dijon.

ROAST BEEF NAANWICH 17
roast beef, cheddar, onions & horseradish-mayo.

lunch

wrap

all wraps come with a side of chips, pickles & carrots.

gluten free +3

TURKEY BACON AVO 18

turkey, bacon, shredded cheese, avocado, tomato & chipotle.

CHICKEN CAESAR 16

chicken, bacon, parmesan cheese greens & caesar dressing.

TURKEY CRAN 16

turkey, shredded cheese, greens, tomato, onion, cranberry & mayo.

FALAFEL 16

falafel balls, shredded cheese, greens, tomato, onion, hummus & ranch.

SUNDRIED TOMATO 16

chicken, feta cheese, greens, tomato, onion & sundried tomato pesto

CHIPOTLE CHICKEN 16

chicken, shredded cheese, greens, tomato, onion & chipotle.

CHICKEN BACON RANCH 16

chicken, bacon, shredded cheese, tomato, onion, bbq & ranch

TURKEY BACON RANCH 16

turkey, bacon, shredded cheese, tomato, onion, bbq & ranch

VEGGIE 16

greens, avocado, assorted veggie & hummus.

BBQ CHICKEN 16

greens, chicken, shredded cheese, onion & forty creek bbq sauce.

lunch

flatbread

CHICKEN CAESAR FB 18
chicken, bacon, shredded cheese, parm & caesar dressing.

BBQ CHICKEN FB 16
chicken, shredded cheese, red onion & forty creek bbq sauce.

SPICY CHICKEN FB 16
chicken, shredded cheese, tomato, onion & chipotle.

FALAFEL FB 16
falafel balls, shredded cheese, greens, tomato, onion, hummus & ranch.

TUSCAN FB 16
basil pesto, tomato, olive, goat cheese & balsamic.

gluten free flatbread + 3.00

lunch

salad

COBB SALAD 18
greens, chicken, bacon, boiled egg, blue cheese, avocado, tomato, onion & ranch.

MANDARIN CHICKEN 16
greens, chicken, sweet oranges, tomato, slivered almonds, balsamic & naan bread.

BLACK N BLUE 16
greens, chicken, blue cheese, olives, tomato, slivered almonds, balsamic & naan bread.

BEET & GOAT 16
greens, beets, goat cheese, onion, slivered almonds, cranberry, balsamic & naan bread.

FALAFEL 16
greens, falafel balls, shredded cheese, tomato, onion, hummus & ranch.

CAESAR 14
greens, chicken, bacon, parm cheese, croutons & caesar dressing.

GREEK 14
greens, tomato, onion, olives, feta cheese & greek dressing.

MIXED GREEN 14
greens, assorted veggies & balsamic dressing.

add chicken + 4.00

lunch

SOUP N SALAD COMBO 16
mixed green, caesar or greek with a side soup.