

Breakfast

PETE'S POWER WRAP \$7.50

Your new go-to B-Fast! Scrambled eggs, Pete's housemade guacamole and salsa, sour cream and cheddar cheese all wrapped up in a tortilla

LAZY DAY OMELETTE \$7.50

Ham or bacon? Cheddar or feta? Veggies? Choose wisely!



DAYBREAKER \$3.00

A breakfast classic – egg, tomato and cheese on a toasted english muffin

BACON

DAYBREAKER \$3.75

Our original Daybreaker... but with bacon!

TEA & COFFEE

SMALL \$2.00
LARGE \$2.25

\$5 bites

LOOKING FOR A LIGHTER LUNCH?

Enjoy half of your favourite classic sandwich!

BLT

Bacon, lettuce, tomato and mayo on toasted white or whole wheat

Grilled CHEESE

Choice of cheddar, Swiss or provolone. Choose any sauce and one topping!



VEGETARIAN

Classic Sandwiches

CLASSIC SANDWICHES \$8
SERVED DAILY FROM 11AM

CHICKEN PARM

Roasted chicken, parmesan, provolone, tomato, marinara



ROASTED VEGGIE

Provolone, arugula, roasted veggies, artichoke pâté

THE MONTREAL

Smoked beef brisket, Swiss, relish, dijon mustard



FALAFEL

Falafel, feta, lettuce, tomato, cucumber, red onion, sprouts, hummus, tzatziki

PESTO CHICKEN

Roasted chicken, provolone, arugula, sundried tomato, pesto, mayo

HAM & SWISS MELT

Baked ham, Swiss, roasted mushroom, mustard

CHICKEN CAESAR

Roasted chicken, bacon, parmesan, romaine, Caesar dressing

TUSCAN CHICKEN

Roasted chicken, parmesan, arugula, roasted bell peppers, sundried tomato & garlic mayo

SIGNATURE CHICKEN

Roasted chicken, provolone, arugula, roasted veggies, artichoke pâté

ITALIAN

Prosciutto, salami, provolone, tomato, pepperoncini, pesto, marinara

CLASSIC CLUB

Roasted chicken, bacon, cheddar, lettuce, tomato, mayo

SPICY BEEF

Atlantic beef, cheddar, roasted bell pepper and onion, jalapeno mayo

Make it a combo!

\$9 1/2 CLASSIC SANDWICH + SMALL SOUP

\$12 1/2 CLASSIC SANDWICH + SMALL SALAD

\$12 SMALL SALAD + SMALL SOUP

HOUSEMADE

Soups

On their own or as a part of a combo, you can't go wrong with delicious hot soup! Served with your choice of a roll or crackers.

SMALL \$5 • LARGE \$6

OUR SOUP MENU CHANGES DAILY – VIEW OUR BOARD FOR TODAY'S SELECTION!

BUILD YOUR OWN

Salad

SMALL \$9 • LARGE \$11

SALAD ADD-ONS

PROTEIN • \$2.50
BACON • \$1.50
EXTRA CHEESE • \$1.00
EXTRA NUTS/SEEDS • \$1.00
EXTRA DRESSING • \$0.75

Sandwich

HALF \$5 • FULL \$8

SANDWICH ADD-ONS

GUACAMOLE • \$1.00
EXTRA PROTEIN • \$2.50
BACON • \$1.50
EXTRA CHEESE • \$1.00