Make it a combo!

$11 1/2 CLASSIC SANDWICH + SMALL SOUP

$14 1/2 CLASSIC SANDWICH + SMALL SALAD

$14 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 $5.50 • LARGE $6.50

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

BUILD YOUR OWN

Salad

SMALL $10 • LARGE $12

SALAD ADD-ONS
- PROTEIN • $3.50
- BACON • $2.00
- EXTRA CHEESE • $2.00
- EXTRA NUTS/SEEDS • $1.50
- EXTRA DRESSING • $1.00

Sandwich

HALF $6.25 • FULL $9.25

SANDWICH ADD-ONS
- GUACAMOLE • $2.00
- EXTRA PROTEIN • $3.50
- BACON • $2.00
- EXTRA CHEESE • $2.00

Classic Sandwiches

CLASSIC SANDWICHES $9.25
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

$6 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

Breakfast

SERVED FROM 8AM-12PM

PETE'S POWER WRAP $9.00
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 $9.00
Ham or bacon? Cheddar or feta? Veggies? Choose wisely!

DAYBREAKER $4.00
A breakfast classic – egg, tomato and cheese on a toasted english muffin

BACON DAYBREAKER $4.75
Our original Daybreaker... but with bacon!

TEA & COFFEE

SMALL • $2.25
LARGE • $2.75