

# EVERYDAY CLASSICS

AVAILABLE 11AM - 8PM DAILY

MAKE IT A WRAP! ALL OUR SANDWICHES ARE AVAILABLE ON LOW-FAT WHOLE WHEAT WRAPS. GLUTEN FREE BREAD AVAILABLE \$1 EXTRA

add a soup or pasta salad & cookie for only \$5.50

## GOURMET SANDWICHES

### NEWFOUNDLAND TURKEY & DRESSING \$11.45

Freshly roasted turkey breast with Newfoundland savoury dressing, real mayo and cranberry sauce.

### TURKEY WITH AVOCADO & BASIL MAYO \$11.45

Freshly roasted turkey breast with fresh tomato, Swiss cheese, avocado and basil infused mayonnaise. Add bacon \$2.00

### TURKEY CLUB \$11.45

Freshly roasted turkey breast, crisp bacon, sliced tomatoes, Swiss cheese, spinach and mayo.

### MEDITERRANEAN CHICKEN PESTO \$11.45

Freshly roasted chicken breast, roasted red peppers, provolone cheese, baby spinach, mayonnaise and pesto.

### CRAN-APPLE CHICKEN SALSA \$11.45

Freshly roasted chicken breast, sliced apple, provolone cheese, cranberry salsa, spinach and mayo.

### MEDITERRANEAN GRILLED VEGETABLE \$11.45

Sun dried tomatoes, grilled portobello mushrooms, onions, zucchini, fresh basil, provolone, roasted red peppers and spinach.

### BLACK FOREST HAM \$11.45

Tomatoes, Swiss cheese, cucumber & mayo grilled panini style.

## SOUPS, SALADS & BAKES

### SOUP & SALAD COMBO \$12.99

Enjoy a side garden or side pasta salad with any house made soup.

### SPECIALTY SOUPS \$7.99-\$8.49

Fresh. Exotic. Everyday. Ask your barista for today's exciting creation. Side soup \$4.69 with the purchase of a sandwich

### PASTA SALAD \$7.99

Penne, plum tomatoes, pecans, red peppers, pear and freshly cracked pepper, tossed in a light vinaigrette. Side salad \$4.69 with a sandwich

### FRESH GARDEN SALAD \$9.99

Side salad \$4.69 with the purchase of a sandwich