



CM SIGNATURE MENU

newly inspired sandwiches, pizzas, and bowls

SANDWICHES

BACON BBQ CHICKEN RANCH WRAP

chicken, bacon, spinach, tomato, cheddar cheese and bbq ranch sauce

\$11.95

GRILLED CHEESE

swiss, provolone & cheddar cheese, topped with bacon jam, served on buttered and grilled sourdough bread

\$10.95

FLATBREAD PIZZAS

BUTTER CHICKEN PIZZA

butter chicken sauce, chicken, roasted red peppers, grape tomatoes and provolone cheese.

\$11.95

GRILLED VEGGIE

sundried tomato pesto, onions, zucchini, mushrooms, tomatoes, feta & balsamic glaze

\$10.95

CHILI & BAKES

CHILI

hearty homemade beef chili served with toasted naan bread

\$8.95

COD AU GRATIN

cod, creamy bechamel cream sauce, Mt. Scio savory, & cheese. Add side salad - \$4

\$9.95

TRY OUR ALL INCLUSIVE LUNCH

get a sandwich, soup or pasta salad and cookie available 11am-2pm | no substitutions

\$12.95



BACON BBQ CHICKEN RANCH WRAP



GRILLED CHEESE



COD AU GRATIN

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 \$1.50 EXTRA

add a soup or pasta salad & cookie for only \$6

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