

ALL INCLUSIVE LUNCH

Sandwich of the Day with your choice of side soup, cookie and coffee or tea. **\$11.99**

Available 11am-2pm

VALUE MENU

Side Soup & Naan Bread **\$6**

Side Pasta Salad & Naan Bread **\$6**

Side Garden Salad **\$6**

BLT Sandwich **\$6**

Add small coffee & cookie **\$1.50**

Available 11am-2pm

FALL MENU

Ham, Pear & Partridgeberry Chutney Wrap **\$8.95**
served with Swiss cheese & fresh greens on a whole wheat wrap

Turkey & Rhubarb Relish **\$8.95**
served with apple, provolone cheese & fresh greens on ciabatta

Mexican Bowl **\$8.95**
Mexican spiced rice, corn & beans, tomatoes, guacamole & crispy onions topped with ancho chipotle sauce

ABC Root Cellar Salad **\$8.95**
Sliced apples, roasted beets, goat cheese, granola & blueberry balsamic dressing on a bed of field greens. Add chicken for \$2

Homestyle Chili with Naan Bread **\$7.95**
Coffee Matters' signature chili recipe. Thick and hearty with a little kick! Great way to warm up on a winters day. Served with toasted naan bread

EVERYDAY CLASSICS

AVAILABLE 11AM - 3PM 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

GOURMET SANDWICHES

NEWFOUNDLAND TURKEY & DRESSING \$8.45

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

TURKEY WITH AVOCADO & BASIL MAYO \$8.45

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

TURKEY CLUB \$8.45

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

MEDITERRANEAN CHICKEN PESTO \$8.45

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

CRAN-APPLE CHICKEN SALSA \$8.45

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

MEDITERRANEAN GRILLED VEGETABLE \$8.45

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

BLACK FOREST HAM \$7.95

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

SOUPS, SALADS & BAKES

SOUP & SALAD COMBO \$9.99

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

SPECIALTY SOUPS \$7.49

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

PASTA SALAD \$7.49

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 \$8.39

Side salad \$4.69 with the purchase of a sandwich