

## ALL INCLUSIVE LUNCH

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

Available 11am-2pm

## VALUE MENU

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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

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**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 - 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

## GOURMET SANDWICHES

### NEWFOUNDLAND TURKEY & DRESSING \$8.95

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

### TURKEY WITH AVOCADO & BASIL MAYO \$8.95

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

### TURKEY CLUB \$8.95

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

### MEDITERRANEAN CHICKEN PESTO \$8.95

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

### CRAN-APPLE CHICKEN SALSA \$8.95

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

### MEDITERRANEAN GRILLED VEGETABLE \$8.95

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

### BLACK FOREST HAM \$8.49

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

### OLD STYLE MAC & CHEESE \$6.99

Macaroni tossed in our house made creamy béchamel sauce, topped with cheddar and buttered bread crumbs. Baked golden brown.

### COD AU GRATIN \$9.45

Atlantic cod, topped with a creamy sauce, a touch of Mt. Scio savoury and cheese. Add a side garden or pasta salad for \$4.69