

Hot Breakfast (available Monday- Friday: 7:00am – 10:30am)

Breakfast Bun Fried egg, bacon and cheddar cheese, served on a buttered brioche bun **\$5.00**

Breakfast Burrito Scrambled eggs, ground beef, black beans, salsa, cheddar cheese and cilantro **\$6.00**

Breakfast Wrap Scrambled eggs, pork sausage, bacon, peppers and cheddar cheese **\$5.00**

Classic Breakfast 2 eggs done any style, choice of bacon or sausage, toast and a side of hash browns **\$7.50**

Breakfast Bowl Crispy tater tots, corned beef hash and cheese sauce topped with 2 fried eggs **\$8.00**

Sides Bacon (3), Sausage (2), Eggs (2), Hash Browns, Toast (2) or Tater Tots **\$2.00**

Baked Goods (available Monday- Friday: 7:00am – 3:00pm)

Freshly baked assorted croissants, muffins, danishes (Sweet & Savory) , loaves, cookies and seasonal desserts

Prices from \$2.00 - \$4.75

Grab and Go (available Monday- Friday: 7:00am – 3:00pm)

Vegetable Cup Crisp Freshly cut vegetables and ranch dip **\$2.50**

Yogurt Parfait Fresh granola, nuts and assorted fresh fruit with flavoured yogurt
\$3.50

Fresh Fruit Cup assorted fresh fruit (5-7 varieties) **\$3.00**

Boiled eggs two boiled eggs **\$1.50**

Mini Charcuterie assorted Italian cold cuts & cheese, spicy pecans, crostini, grapes
and olives **\$9.00**

Mini Protein Box carrots, hummus, pepperoni sticks, hard boiled eggs and spicy
pecans **\$7.50**

Roast Beef, Tuna, Egg & Chicken salad sandwiches- **\$6.00**

Chicken Pesto Wrap- **\$6.00**

Grilled Panini (available Monday- Friday: 9:00am – 2:00pm)

Caprese panini Bocconcini, cherry tomatoes and basil with pesto spread on homemade potato focaccia, drizzled with balsamic glaze (*Vegetarian*) **\$7.00**

Italian Trio Thinly sliced prosciutto, capicola and mortadella with lettuce, tomato, provolone and red pepper veg spread served on crusty ciabatta **\$8.50**

Turkey breast & Brie Roasted turkey with spinach leaf, large block of brie cheese, cranberry mayo served on fresh ciabatta **\$8.50**

Cubano pork tenderloin, ham, swiss cheese, dill pickles, dijon mustard served on crusty ciabatta **\$8.50**

Italian Ham & Cheese Rosemary ham, fontina and asiago cheese with honey mustard served on sourdough or rye bread **\$7.00**

Reuben Montreal smoked meat, swiss cheese, sauerkraut with thousand Island dressing, served on marble rye bread **\$8.50**

Salads (available Monday- Friday: 7:00am – 3:00pm)

Entrée size Roma salad- Mixed greens with a grilled chicken breast, crumbled goat cheese, chopped strawberries & grapes, and candied pecans **\$9.50**

Entrée size Mexican Salad- Crisp romaine lettuce, seasoned ground beef, cheddar cheese, black beans, corn, and cilantro **\$8.50**

Entrée size Cobb Salad- Mixed greens, a full grilled chicken breast, boiled egg, bacon, ham, cheddar cheese, cucumbers, and tomatoes, ranch dressing **\$8.50**

Entrée size Oriental Salad- Asian noodles, seasoned chicken breast, shredded cabbage & carrots, cilantro, and peanuts **\$8.50**

Side size Greek salad- Chopped tomatoes, onions, peppers, cucumbers with feta cheese and olives with classic Greek dressing **\$3.50**

Side size Caprese salad- Cherry tomatoes and pearl bocconcini cheese finished with balsamic vinaigrette and basil leaves **\$3.75**

Side size Mixed greens salad- mixed greens with cucumber and tomato garnish and a choice of dressing **\$3.00**

Hot Lunch

(available Monday-Thursday 11:00am–2:00pm
Friday: 11:00am -1:00pm)

All sandwiches served with fries or side salad

Roma Burger- Alberta beef burger with pancetta, lettuce, tomato, pesto mayo, provolone & cheddar cheese served on buttered brioche bun **\$13.00**

Impossible Veg Burger- 5oz plant-based patty served with arugula, Swiss cheese, mayo served on buttered brioche bun **\$12.00**

Alberta Beef dip- Thinly sliced Alberta beef on ciabatta bread with horseradish mayo, served with au jus **\$13.00**

Aloha Chicken Burger- Chicken breast, teriyaki sauce, pineapple, swiss cheese, with a siracha aioli served on a rosemary focaccia **\$12.00**

Poutine- Canadian classic covered with fresh cheese curds and gravy **\$8.00**

Chicken Parmigiana- Breaded Chicken cutlet topped with tomato sauce; mozzarella cheese served with roasted potatoes **\$12.00**

Meatball sub- Homemade beef & pork meatballs on a crispy roll, layered with tomato sauce and mozzarella cheese **\$12.00**

Buffalo Chicken Wrap- Crispy chicken tenders coated with buffalo sauce, lettuce, blue cheese dressing wrapped in a flour tortilla **\$12.00**

Spicy Salmon Bowl- Edamame beans, pickled carrots & cucumbers, mixture of quinoa and rice, with spicy siracha sauce & siracha aioli

Daily Soup

(Available Monday- Friday: 11:00am – 2:00pm)

Our chef makes all her soups from scratch using only the freshest ingredients. For daily soup please visit our home page or call us at 403-428-4421

Daily Specials

(Available Monday-Thursday 11:00am–2:00pm

Friday: 11:00am -1:00pm)

While quantities last

Our chef will create various daily specials incorporating various cuisines. For daily soup please visit our home page or call us at 403-428-4421