

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

Breakfast Bun Fried egg, bacon and cheddar cheese, served on a buttered brioche bun \$6.00

Breakfast Burrito Scrambled eggs, ground beef, black beans, salsa, cheddar cheese and cilantro \$7.00

Breakfast Wrap Scrambled eggs, pork sausage, bacon, peppers and cheddar cheese \$7.00

Classic Breakfast 2 eggs done any style, choice of bacon or sausage, toast and a side of hash browns \$8

Breakfast Bowl Crispy tater tots, corned beef hash and cheese sauce topped with 2 fried eggs \$9.00

Avocado Toast Open faced on sourdough bread topped with smashed avocado, tomatoes & a fried egg \$7.00

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 **\$3.50**

Yogurt Parfait Fresh granola, nuts and assorted fresh fruit atop yogurt **\$3.50**

Fresh Fruit Cup assorted fresh fruit (5-7 varieties) **\$3.75**

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

Mini Charcuterie assorted Italian cold cuts & cheese, spicy pecans, crostini, grapes and olives **\$10.00**

Mini Protein Box carrots, hummus, pepperoni sticks, hard boiled eggs and spicy pecans **\$9.00**

Roast Beef, Tuna, Egg & Chicken salad sandwiches- **\$7.00**

Chicken Pesto Wrap- **\$7.00**

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*) \$8

Italian Trio Thinly sliced prosciutto, capicola and mortadella with lettuce, tomato, provolone and red pepper veg spread served on crusty ciabatta \$9

Turkey breast & Brie Roasted turkey with spinach leaf, large block of brie cheese, cranberry mayo served on fresh ciabatta \$9

Cubano pork tenderloin, ham, swiss cheese, dill pickles, dijon mustard served on crusty ciabatta \$9

Italian Ham & Cheese Rosemary ham, fontina and asiago cheese with honey mustard served on sourdough or rye bread \$8

Reuben Montreal smoked meat, swiss cheese, sauerkraut with thousand Island dressing, served on marble rye bread \$9

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 \$9.50

Entrée size Cobb Salad- Mixed greens, a full grilled chicken breast, boiled egg, bacon, ham, cheddar cheese, cucumbers, and tomatoes, ranch dressing \$9.50

Entrée size Oriental Salad- Asian noodles, seasoned chicken breast, shredded cabbage & carrots, cilantro, and peanuts \$9.50

Side size Greek salad- Chopped tomatoes, onions, peppers, cucumbers with feta cheese and olives with classic Greek dressing \$4.00

Side size Caprese salad- Cherry tomatoes and pearl bocconcini cheese finished with balsamic vinaigrette and basil leaves \$4.25

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 bacon, lettuce, tomato, pesto mayo, provolone & cheddar cheese served on buttered brioche bun **\$14.00**

Impossible Veg Burger- 5oz plant-based patty served with arugula, Swiss cheese, mayo served on buttered brioche bun **\$14.00**

Alberta Beef dip- Thinly sliced Alberta beef on ciabatta bread with horseradish mayo, served with au jus **\$14.00**

Aloha Chicken Burger- Chicken breast, teriyaki sauce, pineapple, swiss cheese, with a siracha aioli served on a rosemary focaccia **\$13.00**

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 **\$13.00**

Meatball sub- Homemade beef & pork meatballs on a crispy roll, layered with tomato sauce and mozzarella cheese **\$13.00**

Buffalo Chicken Wrap- Crispy chicken tenders coated with buffalo sauce, lettuce, blue cheese dressing wrapped in a flour tortilla **\$13.00**

Spicy Salmon Bowl- Edamame beans, pickled carrots & cucumbers, mixture of quinoa and rice, with spicy siracha sauce & siracha aioli **\$14.00**

Chicken Teriyaki Bowl- Carrots, celery, mushrooms, peppers, chopped chicken on a bed of rice, with a teriyaki sauce **\$14.00**

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