

BREAKFAST SANDWICHES + WRAPS

Egg Sandwich

Fried egg on an English muffin.  

Egg + Cheese

Fried egg and cheddar cheese on an English muffin. 

Bacon Egg + Cheese:

Bacon, fried egg, and cheddar cheese on an English muffin.

Sausage Egg + Cheese

All beef sausage, fried egg, and cheddar cheese on an English muffin.

Western Sandwich

Eggs, ham, bell peppers, and onion on whole wheat toast. 

Huevos a la Mexicana Sandwich

Eggs, pico de gallo, and mayo on whole wheat toast  

Burrito Wrap

Eggs, chorizo sausage, pico de gallo, black beans, and cheddar cheese.

Meat Lovers Wrap

Eggs, bacon, ham, roast beef, provolone cheese, crispy onion, and mayo.

Super Huevos Wrap

Eggs, pico de gallo, jalapeño jack cheese, avocado, and mayo. 

Ultimate Steak Wrap

Eggs, steak, jalapeño jack cheese, fried onion, hash browns, and spicy mayo.

Ultimate Wrap

Eggs, bacon, jalapeño jack cheese, fried onion, hash browns, and spicy mayo.



Dairy Free



Gluten Free



Vegetarian



Vegan



Halal



LUNCH BOX WRAP / SANDWICH SELECTION

Chicken Bacon Ranch Wrap

Roasted chicken breast, bacon, cheddar cheese, lettuce, tomato, ranch dressing.

Chicken Caesar Wrap

Roasted chicken breast, romaine, bacon, parmesan cheese, caesar dressing.


Chicken Salad Wrap / Sandwich

Housemade chicken salad (chicken breast, mayo, celery, onion, mustard, salt, pepper), lettuce.

Chipotle Chicken Wrap

Roasted chicken breast, red pepper, red onion, tomato, spinach, chipotle mayo. 

Egg Salad Wrap / Sandwich

Housemade egg salad (hardboiled egg, mayo, celery, white onion, green onion, mustard, white pepper, salt), lettuce. 


Falafel Wrap

Falafel, iceberg lettuce, pickles, pickled turnips, tomato, tahini, hummus. 

Ham + Swiss Wrap / Sandwich

Ham, swiss cheese, lettuce, tomato, honey mustard dressing. 

Sweet Thai Chili Wrap

Roasted chicken breast, romaine, red onion, carrot, cucumber, sweet thai chili dressing. 



Dairy Free



Gluten Free



Vegetarian



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Halal



LUNCH BOX WRAP / SANDWICH SELECTION & OTHER

Tuna Salad Wrap / Sandwich

Housemade tuna salad (tuna, celery, onion, mayo, mustard, salt, pepper, panko, lime juice) lettuce. 


Turkey Havarti Wrap / Sandwich

Turkey, havarti cheese, cranberry sauce, lettuce, tomato.

Turkey Avocado Provolone Wrap

Turkey, avocado, provolone cheese, cucumber, alfalfa sprouts, tomato.

Vegetarian Sandwich

Roasted red pepper spread, cucumber, lettuce, tomato, alfalfa sprouts, cheddar cheese. 

Vegan Sandwich

Roasted red pepper spread, cucumber, lettuce, tomato, alfalfa sprouts. 

Sandwich Platter (Minimum order of 10)

Chef's selection of a variety of sandwiches or wraps.

Assorted Sandwiches

A diverse assortment of all types of sandwiches.

Mini Pita Pockets

Mini pita pockets filled with tuna salad, egg salad, chicken salad, and cheddar cheese, along with a mix of broccoli, cauliflower, celery, carrot, grape tomato, and ranch dressing.



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Vegan




Halal




SALADS



Beetroot Feta Salad

Spring mix, kale, chicken breast, beets, feta cheese, avocado, walnuts, red onion, radish, white balsamic and lemon vinaigrette. 


Chef Salad

Lettuce blend, chicken breast, ham, hardboiled egg, cheddar cheese, cucumber, cherry tomato, shredded carrots, ranch dressing. 

Cobb Salad

Iceberg lettuce, chicken breast, hardboiled egg, bacon, cherry tomato, avocado, green onion, honey dijon dressing.  



Cranberry Apple Salad

Iceberg lettuce, chicken breast, raisins, green apple, goat cheese, walnuts, red onion, mild blue cheese dressing. 

Crispy Chicken + Kale Salad:

Spring mix, kale, crispy chicken, nacho cheese, carrot, tomato, corn, red onion, fried pita chips, cilantro, sriracha BBQ ranch dressing.

Garden Salad with Roast Chicken Breast

Iceberg lettuce, cherry tomato, cucumber, red onion, shredded carrot, bell peppers, and sliced chicken breast. Choice of dressing.  

Spicy Chicken Caesar

Romaine, cajun chicken breast, bacon bits, parmesan cheese, housemade croutons, caesar dressing, and lemon wedge.

Spicy B.L.T Chicken Salad

Lettuce blend, cajun chicken breast, nacho cheese, bacon, cherry tomato, tortilla chips, thousand island dressing.



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SALADS & POWERBOWLS



Thai Peanut Chicken

Chicken breast, cabbage, edamame, bell peppers, shredded carrot, cucumber, green onion, radish, cilantro, fried pita chips, Thai peanut dressing, hot sauce, and lime wedge. 



Mediterranean Powerbowl

Lettuce blend, quinoa, chicken breast, onion, cucumber, bell peppers, feta cheese, cherry tomato, chickpea, carrot, red onions, greek dressing, lemon wedge. 




Sesame Powerbowl

Spring mix, quinoa, chicken breast, red onion, bell peppers, broccoli, shredded carrot, sesame dressing, chilli garlic sauce, green onion, hot sauce, lime wedge. This item cannot be modified.  

Southwestern Powerbowl

Lettuce blend, quinoa, chicken breast, red onion, tomato, corn, black beans, roasted red pepper, poblano avocado dressing, lime wedge.  

Vegetarian Southwestern Powerbowl

Lettuce blend, quinoa, tomato, corn, black beans, red onion, roasted red pepper, poblano avocado dressing, lime wedge.   



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RICE BOWLS


Burrito Bowl

Ancho chipotle chicken breast, Mexican brown rice, guacamole, pico de gallo, corn, black beans, cilantro, and chipotle mayo. 


Steak Fajita Bowl

Marinated Alberta steak, Mexican brown rice, guacamole, pico de gallo, red onion, bell peppers, mushrooms, corn, green onion, and chili lime sour cream. 

Gochujang Chicken

Gochujang chicken, brown rice, bok choy, mushroom, cucumber, carrot, kimchi, hardboiled egg, green onion, radish, soy sauce and sesame seeds. 

Gyudon

Sesame wasabi steak, brown rice, edamame, red pepper, red onion, cucumber, carrot, hardboiled egg, green onion, soy sauce and sesame seeds. 



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MEDITERRANEAN GRILL


Chicken Shawarma

Marinated chicken, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, sweet sauce, wrapped in a pita. 



Beef Donair

Beef donair, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, sweet sauce, wrapped in a pita. 


Falafel

Falafel, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, tahini, wrapped in a pita. 


Chicken Shawarma Plate

Marinated chicken, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, sweet sauce.  

Donair Plate

Beef donair, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, sweet sauce. 

Falafel Plate

Falafel, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, tahini. 

Add-ons:

Pita Chips, Hummus (Chickpeas, tahini, garlic, lemon, salt), Tabouli (Parsley, tomato, couscous, oil, lemon, salt, pepper), Baklava



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**HOT
 BREAKFAST**


- Scrambled Egg 
- Bacon  
- All Beef Sausage
- Hashbrowns 
- Baby Potato Cakes 
- Waffles 
- Served with syrup
- Banana Bread French Toast 

**COLD
 BREAKFAST**

- Triple Berry Yogurt Parfait 
- Overnight Oats
- Flavours change weekly 
- Trio Fruit
- Trio of seasonal fruits   
- Fruit Platter:
- Available in two sizes   
- Small: Serves 10-15
- Large: Serves 15-20

**BREAKFAST
 PASTRIES + MUFFINS**

A La Carte Chef's Basket

Minimum 12 pieces. A selection of chef's choice pastries
 and muffins. 

 Dairy Free  Gluten Free  Vegetarian  Vegan  Halal

