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|--------------------------------|------|
| specialty sodas | 2.75 |
| sparkling water | 2.50 |
| bottled water | 1.50 |
| Calories fresh fruit juice | 3 |
| coffee thermos (6) | 12 |
| coffee/tea bar w/ fixings (pp) | 2 |

beverages

essentials

| | |
|--------------------------------------|-------|
| sandwich (see current sandwich menu) | 9 |
| house salad/feature salad | 11/14 |
| cup of soup (250mL) | 3 |
| large soup (500mL) | 7 |
| Calories "petit" dessert | 3 |
| Calories cookies 1/dzn | 1/8 |

essentials+

| | |
|---|----|
| sandwich/"petit" dessert | 11 |
| sandwich/"petit" dessert/beverage | 13 |
| sandwich/side salad/"petit" dessert | 14 |
| sandwich/cup of soup/"petit" dessert | 14 |
| sandwich/side salad/cup of soup | 14 |
| Calories quiche w/ side salad | 14 |
| Ham & split pea - house cured grass fed pork & local split peas w/ side salad; DF, GF | 14 |
| Quinoa & lentil bowl - persian spiced organic beluga lentils & organic quina w/ local sour cherries; DF, GF | 14 |

platters

| | |
|---|---|
| fresh fruit platter (pp) w/ yogurt dip | 4 |
| fresh vegetable platter (pp) w/ hummus & herbed cheese dip | 4 |
| cheese board (pp) w/ preserves/fruit/breads/crackers | 4 |
| charcuterie board (pp) w/ preserves/pickles/breads/crackers | 4 |

Minimum order for delivery 6 lunches

24 hour notice required for delivery

Delivery: Broadway Avenue - Free / Saskatoon - \$25

Compostable paper service \$0.50 pp

See next page for menu details.

Vegetarian, vegan, gluten and lactose free options are available.



sandwiches

Vegan: local organic chickpea hummus, tomato, red pepper, cucumber, lettuce on organic baguette

Grilled Vegetable: grilled eggplant, red peppers, zucchini, red onions & feta w/ garden summer savoury aioli

California Club: roasted turkey breast, bacon, avocado, mild onion, tomato, lettuce & lime jalapeno mayo

House Smoked Trout: house smoked Diefenbaker Lake trout w/ cucumber, shallot & dill creme fraiche

Local Chicken: local pastured chicken, spring onion, cherry tomato & capers w/ citrus aioli

Local Grassfed Beef: slow roasted local grass-fed beef brisket w/ horseradish aioli, Havarti, greens

Breads: unless specified sandwiches are prepared on assortment of organic baguette, SK wild rice bread, sourdough, rye bread, ciabatta

Gluten free wrap option is available

soups

Choice of 2 soups prepared daily (1 gluten free, dairy free selection)

Vegetarian

Local meat/Fish or Seafood

We can accommodate special requests with 5 days order notice

salads

House salad: organic baby greens w/ julienned root vegetables, house croutons / choice of 2 dressings

Spring Crunch Salad: Snap peas, organic edamame & local radishes w/ butter leaf lettuce avocado & garden tarragon dressing, savoury buckwheat granola

Local Asparagus: Roasted asparagus w/ organic farro, cherry tomato & Niçoise olive salad, organic arugula, shaved Asiago & garden herb vinaigrette

quiches

Daily quiche option is vegetarian prepared w/ farm eggs, cream, cheese & seasonal vegetables

We can accommodate special requests including:

Quiche Lorraine

Quiche Florentine

Quiche of your choice

with 5 days order notice

desserts

Calories Petit Desserts include an assortment of seasonal tarts, squares and cupcakes

Anything else? Please ask. We will do our best.