



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

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
Chickpea & Rapini Bowl : Tunisian spiced local organic chickpeas w/ roasted zucchini, onion, organic sweet potato & grilled rapini w/ house harissa & charmoula	15

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

Roasted Local Squash & Chèvre: 1st local squash, red peppers, zucchini, tomato, chèvre & organic greens

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

Local Chicken: local pastured chicken, olives, roasted red peppers & Spanish aioli

Local House Cured Ham: w/ Havarti, tomato & butter leaf lettuce & garden thyme aioli

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

Fall Crunch Salad: Roasted & raw local beets w/ butterleaf lettuce, avocado & garden tarragon dressing, savoury organic buckwheat granola

Fall Succotash: "Our Farm" roasted pumpkin, Orca beans & corn, smokey tomato & roasted jalapeño vinaigrette w/ wilted spinach, crumbled Chèvre & toasted organic pumpkin seeds

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.