



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&Gluten Free Wrap:** local organic chickpea hummus, tomato, red pepper, cucumber, lettuce, rice wrap

**Vegetarian:** local organic chickpea hummus, tomato, red pepper, cucumber, lettuce

**Roasted Zucchini:** olive tapenade, feta & provolone cheese, lettuce, tomato (vegetarian)

**California Club:** roasted turkey breast, bacon, avocado, sweet onion, tomato, lettuce, lime jalapeno mayo

**Farm Chicken & Egg:** roasted pastured chicken, local horseradish aioli, boiled egg, green onion, local sprouts

**Reuben:** house cured grass-fed beef brisket, local organic sauerkraut, Swiss cheese, house dressing

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

## 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

**Local Beet, Potato & Lentil:** roasted beets & local potatoes, local horseradish aioli, frisee & crispy Beluga lentils

**Roasted Cauliflower:** brown butter roasted cauliflower w/ fried almonds, raisins, puffed organic quinoa, green leaf & garden mint yogurt dressing

## 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.