



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
- California Club:** roasted turkey breast, bacon, avocado, sweet onion, tomato, lettuce, lime jalapeno mayo
- The Italian:** w/ locally cured meats, olive tapenade, tomato, Provolone, lettuce
- Roasted Local Chicken:** balsamic dressed chicken w/ caramelized onion & garden herb, tomato, lettuce
- Grilled Eggplant:** w/ garden basil pesto, chèvre, organic greens

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 Corn & Baby Lima Bean:** sautéed corn & organic beans w/ confit red pepper, Farmer's Market tomatoes & fresh basil, crumbled feta, leaf lettuce & oregano vinaigrette
- Lime Tabbouleh:** lime infused organic couscous w/ cilantro, avocado, fresh mango & cucumber, organic greens & citrus 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.