



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
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

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

Farm Egg Salad: w/ house mayo, pea shoots & greens

Local Pastured Chicken: chicken w/ roasted red peppers & garden herb aioli, greens

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

Mediterranean Chicken Salad: Pan roasted local chicken roulade w/ organic arugula & chickpeas, roasted red pepper, lemon & caper vinaigrette, grilled Earthbound flatbread (**add \$2** to menu price)

Heirloom Carrots: Honey roasted local carrots, carrot & fennel slaw, organic tri-colored quinoa & local honey, ginger & orange 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.