



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)	4
large soup (500mL)	8
Calories "petit" dessert	3
Calories cookies 1/dzn	1/8

essentials+

sandwich/"petit" dessert	12
sandwich/"petit" dessert/beverage	14
sandwich/side house salad/"petit" dessert (add \$1 feature salad)	15
sandwich/cup of soup/"petit" dessert	15
sandwich/side house salad/cup of soup (add \$1 feature salad)	15
Calories quiche w/ side salad (add \$1 feature salad)	15
Chickpea & Rapini Bowl (vegan & gluten free; see description on page 2)	15

platters

fresh fruit platter (pp)	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/Boxed Sandwich add \$1

See next page for menu details.

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



sandwiches

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

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

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

2 Feature Sandwiches : change weekly, please inquire via email or visit Order Online Tab on our website www.caloriesrestaurant.ca

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

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

Rosted Chickpea & Quinoa: local organic chickpeas & quinoa w/ garden herbs, baby spinach, shaved fennel, carrot ribbons & lemon tahini dressing

Roasted Beets: balsamic roasted local beets w/ organic arugula, avocado & toasted walnuts, citrus vinaigrette

quiches

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

We can accomodate special requests including:

Quiche Lorraine

Quiche Florentine

Quiche of your choice (with 5 days order notice)

hot features

Chickpea & Rapini Bowl: Tunisian spiced local organic chickpeas w/ roasted zucchini, onion, organic sweet potato & grilled rapini w/ house harissa & charmoula
(vegan & gluten free)

desserts

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

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