beverages

specialty sodas	2.75
sparkling water	2.50
bottled water	1.50
Calories Saskatoon berry lemonade	4.00
coffee/tea bar w/ fixings (pp)	2.75

essentials

sandwich (see current sandwich menu)	15.00
house salad/feature salad	15.00/17.00
cup of soup (250mL)	5.00
large soup (500mL)	11.00
Calories "petit" dessert	5.00
Calories cookies 1/dzn	1.50/12.00

essentials+

sandwich/"petit" dessert	17.00
sandwich/"petit" dessert/beverage	19.00
sandwich/side house salad/"petit" dessert (add $1 feature salad)	21.00
sandwich/cup of soup/"petit" dessert	21.00
sandwich/side house salad/cup of soup (add $1 feature salad)	21.00
Calories quiche w/ side salad (add $1 feature salad)	18.00
Chickpea & Rapini Bowl (vegan & gluten free; see description on page 2)	17.00

platters

fresh fruit platter (pp)	6.00
fresh vegetable platter (pp) w/ hummus & herbed cheese dip	6.00
cheese board (pp) w/ preserves/fruit/breads/crackers	6.00
charcuterie board (pp) w/ preserves/pickles/breads/crackers	6.00

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 availabe.

sandwiches

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 and sourdough. All sandwiches can be done on Casita Foods GF bun ($2)
Note: Catering package prices include Chef's selection of the above listed sandwiches, customization of the standard packages may affect the package price

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
Roasted Beets: butter leaf lettuce, roasted & raw beets, carrot ribbons, pickled shallot & crubmled feta
ADD: buttermilk marinated 'Cool Springs Ranch' chicken breast **$4**

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 our most popular seasonal tarts and squares

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