



SAVOURY

Entrees – September 4th through 9th

Mojo Grilled Chicken | Onion Relish | Side \$14 DF GF
Tangy Beef Shortrib | Olive Oil Smashed Potatoes \$14.50 GF DF
Lemon Trout | Artichoke and Caper Salsa | Side \$14.50 GF DF

Entrees – September 10th through 16th

Maple Hoisin Chicken | Shanghai Noodles \$14 DF
Moroccan Salmon | Couscous Vegetable Pilaf | Chermoula \$14.50 DF
Pork & Pineapple Skewers | Sweet Chile | Side \$14 GF DF

Entrees – September 17th through 23rd

Fajita-Style Baked Chicken | Pepper Onion Sauté | Rice Pilaf \$14 GF DF
Pan roasted Salmon | Spiced Squash | Tomato Relish \$14.50 GF DF
Caribbean Turkey Meatballs | Barley Corn Risotto \$12

Entrees – September 24th through 30th

Feta, Apricot and Bacon stuffed Chicken | Side \$14 GF
Indian Spiced Beef Strudel | Seasonal Chutney | Side \$14
Miso Salmon | Sesame Bok Choy | Fried Rice \$14.50 GF DF

Sides, Salads and Locally Supplied Specials \$4.25
Daily Dinner Specials, Savoury Pies, Quiche, Protein Salads

SWEET

Squares: Brownie, Lemon, Date, Seasonal Selections
Cookies: Ginger, Chocolate Chip, Oatmeal
Cranberry White Chocolate
Minis Tarts, Macaroons, Shortbread
Cakes Chocolate Ganache, Carrot Cream Cheese
Tarts and Pies Choose from our daily selection

Lunch: Dine in or To Go

Assorted Sandwiches and Wraps
Seasonal Salads, Protein Salads and Soups

Entertaining and Gifts

Grain crisps, Cheese Bites, Decorated Shortbread,
Jams and Chutneys, Candied Nuts, Savory Dips

Always Available

Sandwiches, Soups, Quiches, Savory Pies, Frozen Foods, Vinaigrettes,
Savory Dips, Whole Roasted Chickens, Carrot Cake, Chocolate Cake, Cookies, Squares, Granola,
Muffins, Cheese Scones, Fruit Scones

Artisan Products

Seed to Sausage Charcuterie, Pascale's Ice Cream,
Ishina Indian Cuisine, Tavola Pasta,
Alaska Maple Syrup, Nats Bread, Bread n' Roses Bread,
Humming Bird Chocolate, Fraktals