

Hooray, Lunch Time!

BEEF DIP 12

Slow Cooked Eye of Round, Caramelized Onions, Smoked Cheddar, Garlic Herb Mayo, Beef Au Jus on House-made Bun

CHICKEN & DUCK CLUB 14

Cranberry Almond Bread, Slow Braised Duck, Roasted Chicken, Prosciutto, Garlic Herb Mayo, Fig Jam, Brie and Spinach

CHICKEN FAJITA WRAP 12

Cajun Chicken, Peppers, Onions, Rice, Black Beans, Roasted Corn, Lettuce, Cheddar and Salsa in a Whole Wheat Wrap

SPROUT BURGER 10

Grilled Beef Patty, Maple Smoked Cheddar, Tomatoes, Sprouts, Bacon Jam and Roasted Garlic Mayo on a Home-made Sprout Bun

(Sub Black Bean Burger for Vegetarian option)

COCONUT CURRY

BEEF STEW GF DF 12

Homemade Mild Curry, Coconut Milk, Veggies, Slow Cooked Beef and Long Grain Rice

CRANBERRY WALNUT CHICKEN

SALAD WRAP 11

Cranberry Walnut Chicken Salad, Cranberry Mustard, Shredded Lettuce in a Whole Wheat Wrap

HARVEST BOWL V GF 12

Spinach, Wild Rice, Roasted Squash, Dried Cranberries, Feta Cheese, Apple Chips and Apple Dijon Dressing

PESTO MAC AND CHEESE V 11

Elbow Macaroni, Creamy Bechamel Sauce, Pesto, Peas and Four Cheese Mix

FALAFEL BOWL V GF 12

Romaine, Cucumber, Tomatoes, Pickled Carrots, Long Grain Rice, Hardboiled Egg, Falafel and Tahini Maple Dressing

SPROUT COBB BOWL GF 14

Romaine, Cajun Chicken, Roasted Corn, Smoked White Cheddar, Bacon, Tomatoes, Avocado, Hardboiled Egg and Maple Dijon Dressing

GLUTEN FREE BREAD ADDITIONAL \$1

ADD A SIDE OF SOUP OR SALAD ADDITIONAL \$3

Salads & Hot Stuff

SALAD Small 5 | Large 9

QUINOA SALAD **V** **GF**

Butternut Squash, Craisins, Almonds, Parsley, Feta and Shallot Sage Vinaigrette

SUNDRIED TOMATO PASTA SALAD **V**

Macaroni Pasta with Oven Roasted Cherry Tomatoes, Green Onions, Basil, Parmesan and Olive Oil

ROASTED CORN POTATO SALAD **GF** **DF**

Red Potatoes, Drake Bacon, Corn, Green Onions and Rosemary Mayo

SPROUT SALAD **GF** **DF** **V**

Greens, Cucumber, Cherry Tomatoes, Pickled Carrots, Quinoa, Sprouts & Tahini Maple Dressing

GREEK SALAD **GF** **V**

Cucumbers, Tomatoes, Peppers, Red Onion, Kalamata Olives, Romaine Lettuce & House Greek Dressing

HOT STUFF

SOUP Cup 3 | Bowl 5

Daily Selection

CHILLI Cup 4 | Bowl 7 **V**

Veggie

ADD

Cajun Chicken	4
Bacon	3
Falafel	4
Hard Boiled Egg	1.50
Half Avocado	2
Tomato Jam	1
Bacon Jam	1

GRAB N' GO

In a hurry? Enjoy a fresh selection of daily made sandwiches, salads and more from our Grab N' Go Cooler!

