

Soups

House-made soups; served with toast and flavoured butter (Small 6 Large 8)

Sandwiches

(add side salad or side soup 4)

The Roots 8

Roasted squash, caramelized onions, and kale with apricot and sage mayo on multigrain bread

Triple Grilled Cheese 9

Cheddar, mozzarella and Swiss on garlic buttered white bread

Italian Roast Beef 9

Hot roast beef with giardiniera, pepperoncini, and provolone cheese, on potato and rosemary bread, served with beef au jus

Rachel's Reuben 10

House-roasted turkey with Russian dressing, apple sauerkraut, and Swiss cheese on rye bread

Kids Grilled Cheese (12 and under only) 6.50

Cheddar and mozzarella on buttered white bread

Salads

Potato Lentil 8 (half-size 4)

Roasted potatoes and vegetables with French lentils in a lemon herb dressing

Sesame and Ginger Quinoa Coleslaw 8 (half-size 4)

Cooked quinoa, crispy cabbage, peppers, oranges, and broccoli tossed in a sesame ginger dressing and topped with toasted cashews

Soup and salad 9

Mix and match any small soup with any side salad

Quesadillas

Pulled Chicken 9

House-made Mexican-spiced pulled chicken with black beans and corn, melted with cheddar and mozzarella cheese; served with pico de gallo and lime sour cream

Mixed Vegetable 8

Sautéed fajita-seasoned pepper, onions, mushrooms, and corn melted with cheddar and mozzarella cheese; served with pico de gallo and lime sour cream

Small Bites

Perogy Dip 5

Everything you love: potatoes, sautéed onions, bacon, cheddar, and sour cream, blended into a dip and served with house-made flatbread

Smoked Hummus 4

Smoked chickpea hummus served with house-made flatbread

Toast and jam 2

House-made bread, toasted and served with house-made jam