

Soups

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

Sandwiches

(add side salad or side soup 4)

Cold:

Curried Egg Salad 8

Curried egg salad with apple chutney and fresh greens on multigrain bread

Rainbow Roasted Vegetable 9

Roasted zucchini, mushrooms, squash, carrots, and rutabaga and fresh tomatoes, served with beet hummus and spinach pesto on multigrain bread

Kids Simple Turkey (12 and under only) 6.50

House-roasted turkey, mayo, lettuce, and tomato on multigrain bread

Hot:

Grilled Margherita 9

Tomatoes, basil, spinach pesto, mozzarella, ricotta, and garlic butter, served on multigrain bread

Rachel's Reuben 10

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

Pulled Pork Grilled Cheese 10

Pulled pork with house-made peach barbecue sauce, served with creamy jalapeno slaw and mozzarella cheese on multigrain bread

Kids Grilled Cheese (12 and under only) 6.50

Cheddar and mozzarella on buttered multigrain bread

Salads

Thai Soba Noodle 8 (half-size 4)

Buckwheat soba noodles with sugar-snap peas, peppers, cabbage, carrots, chives, and peanuts, served with a citrus-ginger dressing

Mediterranean Chopped Salad 8 (half-size 4)

Marinated yellow peas, cucumbers, red onion, peppers, olives, and tomatoes in a Greek red-wine vinaigrette

Pea and Ricotta Salad 8 (half-size 4)

Sugar-snap peas, red onion, pumpkin seeds, and mixed greens tossed in a lemon-dill dressing and topped with house-made ricotta cheese

Soup and salad 9

Mix and match any small soup with any side salad

Small Bites

Savoury Fruit Salsa 5

Savoury fresh fruit salsa served with house-made tortilla chips

Hot Mexican Street Corn Dip 5

A blend of cheeses, peppers, and corn, slightly spicy, served warm with house-made tortilla chips

Toast and jam 2

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