

BAKED CHICKEN BREASTS MADE YOUR WAY:

Most of our hot lunches have vegetarian, and gluten-free options. Please inquire.

Prices are per person.

“TASTE OF INDIA”

Our Butter Chicken, and Curry Chicken are served with rice, steamed vegetables and warm naan bread with garlic butter.

“GO LIGHT”

Grilled Chicken Breasts served with a fresh fruit salsa on the side, wild rice, and a house salad.

“GO GREEK”

Chicken souvlaki is served with roasted potatoes or rice, steamed veggies, and warm naan bread with garlic butter. Our tzatziki sauce is served on the side.

CRANBERRY CHICKEN, HONEY MUSTARD CHICKEN, TARRAGON MUSHROOM CHICKEN.

Includes choice of potato (garlic mashed, roasted, scalloped with cheese, or rice) and steamed vegetables. Accompanied by a dinner roll and butter.

“TASTE OF THE SOUTHWEST”

Our Southwestern Chicken has a crispy coating on the tender chicken breasts. Served with fried mashed potatoes, skillet corn, and warm cornbread with garlic butter.

CHICKEN CORDON BLUE-

We lightly coat our stuffed chicken with panko before baking it. Includes choice of potato (garlic mashed, roasted, scalloped with cheese, or rice) and steamed vegetables.

Accompanied by a dinner roll and butter.

CRAVING ITALIAN? - HOT PASTA LUNCHES:

Our pastas have vegetarian, and gluten-free options. Please inquire. *Prices are per person.*

All Pastas are accompanied with a dinner roll and butter.

Tired of dinner rolls? Upgrade to a warm bread option for \$1.75.

- flaky crescent rolls with butter
- bannock with butter
- cornbread muffins with garlic butter
- garlic & cheese scones with butter
- garlic bread with parmesan cheese

Mac' N Cheese *Vegetarian*

Baked with four cheeses, coloured peppers, tomato, a touch of onion, and topped with homemade garlic crouton crumbs. Accompanied by a basket of assorted dinner rolls with butter..

\$12.00

Beef Stroganoff

Ground beef, mushrooms, broccoli, and a touch onion are mixed with noodles, and our creamy sauce. Accompanied by a basket of assorted dinner rolls with butter.

\$12.00

Bow-Tie Sausage Pasta

This dish consists of bow-tie pasta, chunks of Italian sausage, and vegetables mixed in a

\$12.00

tomato basil sauce. Accompanied by a basket of assorted dinner rolls with butter.

Spaghetti **\$12.00**

Choose from either homestyle meat sauce with vegetables, or tomato sauce with meatballs. Accompanied by a basket of assorted dinner rolls with butter.

Three-Cheese Spinach Cannelloni **Vegetarian** **\$12.00**

Feeling cheesy? Try our yummy cheese and spinach cannelloni. Accompanied by a basket of assorted dinner rolls with butter.

Penne Pasta **\$12.00**

Penne pasta with your choice of chicken, beef, or shrimp. Mixed with broccoli, zucchini, mushrooms, celery, cauliflower, onion, and tomatoes in our marinara sauce. Accompanied by a basket of assorted dinner rolls with butter.

Fettuccine Alfredo with Chicken **\$12.00**

Fettuccine noodles, cajun chicken, spinach, broccoli, and onion are tossed in our alfredo sauce. Accompanied by a basket of assorted dinner rolls with butter.

Lasagna **Beef - \$12.00**

Beef or veggie...and very cheesy. Everyone's favourite!

Accompanied by our warm garlic bread on your choice of filone, linseed bread, or chiabatta. **Veggie \$13.00**

Jambalaya **\$12.50**

Try our Jambalaya with spicy sausage, chicken, and veggies mixed with penne pasta. It has a bit of a kick!

Pizza **\$14.00**

Choose your unlimited toppings on your thin crust 12" pizza... or let us make you our favourites!

HOW ABOUT A MEXICAN LUNCH?

We have vegetarian, and gluten-free options. Please inquire. *Prices are per person.*

Beef Tacos **2 per person** **\$12.00**

Includes hard and/or soft tortilla shells, and perfectly spiced ground beef with onion. Shredded lettuce, diced tomatoes, salsa, sour cream, and grated cheese are served on the side. Spanish rice completes the meal.

Create your own Mexican Fiesta **2 per person** **Vegetarian** **\$12.00**

Warm refried beans are served with soft tortillas. Taco chips, salsa, sour cream, green onion, black olives, diced tomatoes, and grated cheese are served on the side. Spanish rice completes the meal.

Create your own Fajitas **2 per person** **\$12.00**

Includes tortillas, grilled chicken or beef, sautéed bell peppers, and onions. Sour cream, salsa, diced tomatoes, and grated cheese are served on the side. Spanish rice completes the meal.

... AND THERE ARE STILL MORE HOT ENTREES TO CHOOSE FROM!

We have vegetarian, and gluten-free options. Please inquire. *Prices are per person.*

BBQ Hamburgers **\$11.00**

Enjoy your 8oz seasoned burger on a cheese, multigrain or onion Kaiser.
Dress your burger with cheddar, swiss, or marble cheese, tomato, onion, lettuce, banana peppers, pickles, mustard, relish, ketchup, and BBQ sauce.

Chow Mein

Chow mein noodles are sautéed with your choice of chicken, beef, or shrimp and diced vegetables in a flavourful sauce. Soya sauce and hot sauce are served on the side.
Accompanied by a basket of assorted dinner rolls with butter.

Stirfry with Rice

Grilled vegetables with your choice of chicken, beef, or shrimp marinated in either teriyaki sauce, sweet and sour sauce, or oyster sauce.
Accompanied by a basket of assorted dinner rolls with butter.

Shepherd's Pie **\$12.00**

Perfectly spiced ground beef is mixed with peas, corn, diced carrots, and onion and topped with garlic mashed potatoes and melted grated cheese.
Accompanied by a basket of assorted dinner rolls with butter.

Meatball Medley **\$12.00**

Lightly coated sweet & sour meatballs, bell peppers, and pineapple served with rice, and a corn, pea, carrot medley. Accompanied by a basket of assorted dinner rolls with butter.

Good Ol' Fashioned Meatloaf topped with Tangy Sauce **\$13.00**

Served in muffin cups with your choice of potato (garlic mashed, roasted, scalloped with cheese, or rice) and steamed vegetables.
Accompanied by a basket of assorted dinner rolls with butter.

BBQ Beef on a Bun, or Pulled Pork on a Bun **\$13.75**

Build it yourself. Includes kaisers, sliced dinner rolls and filone, sliced tomato, cheese, and rings of onion. Accompanied by baked beans, and your choice of potato salad, or coleslaw.

HOT ENTREES:

Go Ukrainian **\$14.00**

Our Cabbage Rolls are cooked in tomato sauce. Accompanied by spicy Garlic Sausage and Perogies. Fried & green onion, bacon bits, sour cream, and mustard are served on the side.

Rosemary and Apple Pork Loin Roast

Topped with warm apples. Served with your choice of potato (garlic mashed, roasted, rice, or scalloped with cheese) and steamed vegetables.
Accompanied by a basket of assorted dinner rolls with butter.

Salmon Fillet with Lemon Dill Cream Sauce, or Maple Pecan Crusted Salmon

Served with rice, and squash or green beans.
Accompanied by a basket of assorted dinner rolls with butter.

Roast Beef with Horseradish and Gravy

Includes choice of potato (garlic mashed, roasted, scalloped with cheese, baked, or rice) and choice of vegetable. Accompanied by Yorkshire Pudding.

Turkey Dinner (with all the fixins!)

This Festive Meal includes creamy mashed potatoes, our amazing gravy, our raved-about homemade stuffing, choice of vegetable, and cranberry sauce. Accompanied by warm crescent rolls with butter.