

Sheet1

Item	Size	Price	Order /Quantity
meat and cheese platter,crackers (large)	2 portions	\$20.00	
meat and cheese platter,crackers (small)	2 portions	\$15.00	
salmon platter with crackers (large)	2 portions	\$22.00	
salmon platter with crackers(small)	2 portions	\$16.00	
salmon chowder	1 litre	\$14.00	
chicken, barley vegetable soup	1 litre	\$14.00	
vegetable minestrone	1 litre	\$13.00	
roasted butternut squash soup	1 litre	\$13.00	
coffee	1/2 lb ground	\$7.50	
tea selection	10 bags	\$5.00	
cream, milk, sugar	250ml each	\$5.00	
Almond milk	250ml	\$4.00	
house granola	500ml	\$7.00	
plain yogurt	500ml	\$6.00	
maple yogurt	500ml	\$7.00	
lemon yogurt	500ml	\$7.00	
coconut yogurt	500ml	\$7.00	
seasonal fresh fruit salad	1 litre	\$7.00	
fresh loaf bread white	1 loaf	\$6.00	
fresh loaf bread multigrain	1 loaf	\$6.00	
GF bread	1 loaf	\$7.00	
Fig and walnut bread	1 loaf	\$7.50	
seasonal house jam, butter and almond nut butter	3 x 250ml	\$12.00	
Quiche: smoked salmon, spinach, feta	1 x 6"	\$18.00	
Quiche: mushroom, artichoke and goat cheese	1 x 6"	\$16.00	
Quiche: Lorraine (Ham and cheese)	1 x 6"	\$16.00	
Quiche GF: smoked salmon, spinach, feta	1 x 6"	\$20.00	
Quiche GF: mushroom, artichoke, goat cheese	1 x 6"	\$17.00	
Quiche GF: Lorraine (Ham and cheese)	1 x 6"	\$17.00	
Blueberry Lemon Scone	4 pieces	\$14.00	
Ham and Cheese Scone	4 pieces	\$14.00	
Banana Walnut Bread	1 loaf	\$6.00	
Apple Turnovers	4 pieces	\$16.00	
GF Quinoa Oat Pancake Batter	1 litre	\$12.00	
Stewed Apples	500ml	\$6.00	
GF Granola Bars	4 pieces	\$11.00	
Mediterranean Pasta Salad	1 litre	\$11.00	
Mediterranean Quinoa Salad	1 litre	\$13.00	
Green Salad with house apple vinaigrette	1 litre + dressing	\$12.50	
Classic Caesar Salad	1 litre + dressing	\$13.50	
Beet and Hazelnut Salad	1 litre	\$12.50	
Tabouleh Salad	1 litre	\$11.50	
Three Bean Salad	1 litre	\$11.50	
Thai style Rice Noodle Salad	1 litre	\$11.50	
Potato Salad	1 litre	\$11.50	
Steak Fajita Salad	2 portions	\$25.00	
Chicken Kebabs	6 pieces	\$24.00	

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Vegetarian Chili	1 litre	\$15.00	
Meat Chili	1 litre	\$18.00	
Cheese Buns	4 pieces	\$8.00	
House Burgers and fixings	4 pieces	\$30.00	
Veggie Mushroom Burgers	4 pieces	\$26.00	
Pulled Pork Burrito	1 piece	\$13.00	
Mexican Chorizo Burrito	1 piece	\$13.00	
Black Bean, Yam and Kale Burrito	1 piece	\$12.00	
Make your own sandwich kit	2 portions	\$20.00	
Mushroom Walnut Meatballs, tomato sauce, rice pilaf	2 portions	\$20.00	
BBQ Braised Chicken, mashed yam, corn and kale	2 portions	\$32.00	
Chicken Pot Pie	2 portions	\$24.00	
Chicken Parmigiana with fresh fettucine and tomato sauce	2 portions	\$36.00	
Mexican Chorizo and Black Bean Enchiladas in Mole Poblano	2 portions	\$30.00	
Pulled Pork and Black Bean Enchiladas in Mole Poblano	2 portions	\$30.00	
Smoked Beef brisket and mushroom on fresh pappardelle pasta	2 portions	\$36.00	
Classic Sheperd's Pie	2 portions	\$28.00	
Almond Crusted Eggplant Parmesan, fresh fettucine and tomato sauce	2 portions	\$25.00	
Slow braised lamb shoulder, carrots, green beans,, mashed potato	2 portions	\$36.00	
Thai style Coconut Braised Chicken with swiss chard and carrots	2 portions	\$32.00	
Seafood Cannelloni in creamy bechamel	2 portions	\$36.00	
Spinach and Ricotta Cannelloni in Tomato Sauce	2 portions	\$30.00	
Beef and Vegetable Stew	2 portions	\$30.00	
Classic Lasagna	2 portions	\$25.00	
Vegetarian Lasagna	2 portions	\$20.00	
Ready to roast beef	2 or more people	\$	
Crisp Potato Gnocchi with smoked chicken, oyster mushrooms in dijon cream			
Marinated Local Salmon Filet			
Marinated half chicken			
Moroccan style Pork Tenderloin (for the barbecue)			
Scallop Potato			
Roasted Potato			
Apple Crumble	2 portions	\$14.00	
Lemon Blueberry Pie	1 x 6"	\$16.00	0
Chocolate Hazelnut Tart	1 x 6"	\$18.00	
Homemade Vanilla Ice Cream	1 litre	\$20.00	
Selection of Cookies	12 pieces	\$24.00	
Lemon Blueberry Fool	2 portions	\$14.00	
Chocolate Pot de Creme	2 portions	\$16.00	
Apple Oat Crumble (GF)	2 portions	\$14.00	
Chocolate Dipped Strawberries	12 pieces	\$30.00	
Trio of dips with GF crackers and veggies	3 x 250ml dips	\$25.00	
Warm spinach, artichoke and cheese dip with GF crackers and veggies	500ml	\$20.00	
Tortilla chips, guacamole, pico de gallo	2 x 250ml dips	\$15.00	
7 layer dip with tortilla chips	750ml	\$14.00	
Seafood 7 layer dip with tortilla chips (shrimp, crab)	750ml	\$20.00	
Train snacks : Maple glazed nut mix	250ml	\$9.00	
Train snacks: Granola Bar	2 pieces	\$7.00	
Train snacks: Veggie stick snack with dip	250ml + 2oz dip	\$4.00	

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Train snacks: GF Mushroom and Goat Cheese Pie	1 piece	\$8.00	
Train snacks: GF Tomato Pie	1 piece	\$8.00	
Train snacks: Fresh BC Apple	1 piece	\$1.00	
Train snacks: Hand pies chicken	1 piece	\$7.00	
Train snacks: Hand pies vegetarian	1 piece	\$7.00	
Train snacks: Hand pies sausage	1 piece	\$7.00	