

SUMMER MENU

AVAILABLE 11AM – 8PM DAILY

PINEAPPLE & PEAR CURRY TURKEY FLATBREAD \$8.99

NAAN BREAD FILLED WITH FRESH ROASTED TURKEY, RED ONION, SLICED PEAR, SALAD GREENS, CURRY AND PINEAPPLE MAYO.



NAN'S GOULASH \$7.99

MACARONI TOSSED WITH SEASONED GROUND BEEF, CHEESE, TOMATO SAUCE AND ONIONS BAKED GOLDEN BROWN. A NEWFOUNDLAND CLASSIC!



SOUTH WEST CHICKEN WRAP \$6.99

BREADED CHICKEN TOSSED IN A CHIPOTLE SAUCE, TOPPED WITH A BEAN MIXTURE, CHEDDAR CHEESE AND SALAD GREENS, SERVED IN A WHOLE WHEAT WRAP



COD AU GRATIN \$8.99

TENDER ATLANTIC COD, TOPPED WITH A CREAMY SAUCE, A TOUCH OF MT. SCIO SAVOURY AND CHEESE. ADD A SIDE GARDEN OR PASTA SALAD FOR \$4



SUNSHINE SALAD \$8.99

SALAD GREENS, GRANBERRIES, MANDARIN ORANGES, TOASTED SUNFLOWER SEEDS, CREAMY GOAT CHEESE & A TANGY HOUSE MADE HONEY DIJON DRESSING. ADD CHICKEN \$2



SUNDRIED TOMATO PESTO PIZZA \$7.99

NAAN BREAD TOPPED WITH SUNDRIED TOMATO PESTO, ROASTED RED PEPPERS, RED ONION AND PROVOLONE CHEESE TOPPED WITH CHOPPED SPINACH. ADD CHICKEN \$2



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EVERYDAY CLASSICS

AVAILABLE 11AM – CLOSE DAILY

MAKE IT A WRAP! ALL OUR SANDWICHES ARE AVAILABLE ON LOW-FAT WHOLE WHEAT WRAPS. GLUTEN FREE BREAD AVAILABLE \$0.75 EXTRA

ADD A SOUP OR PASTA SALAD & COOKIE FOR ONLY \$4+TAX

GOURMET SANDWICHES

NEWFOUNDLAND TURKEY & DRESSING \$8.59
FRESHLY ROASTED TURKEY BREAST WITH NEWFOUNDLAND SAVOURY DRESSING, REAL MAYONNAISE AND CRANBERRY SAUCE. OUR TRADITION!

TURKEY WITH AVOCADO & BASIL MAYO \$8.59
FRESHLY ROASTED TURKEY BREAST WITH FRESH TOMATO, SWISS CHEESE, AVOCADO AND BASIL INFUSED MAYONNAISE. ADD BACON \$2.00

TURKEY CLUB \$8.59
FRESHLY ROASTED TURKEY BREAST, CRISP BACON, SLICED TOMATOES, SWISS CHEESE, SPINACH AND MAYONNAISE.

MEDITERRANEAN CHICKEN PESTO \$8.59
FRESHLY ROASTED CHICKEN BREAST, ROASTED RED PEPPERS, PROVOLONE CHEESE, BABY SPINACH, MAYONNAISE AND PESTO.

CRAN-APPLE CHICKEN SALSA \$8.59
FRESHLY ROASTED CHICKEN BREAST, SLICED APPLE, PROVOLONE CHEESE, CRANBERRY SALSA, SPINACH AND MAYONNAISE. DELICIOUS!

MEDITERRANEAN GRILLED VEGETABLE \$8.59
SUN DRIED TOMATOES, GRILLED PORTOBELLO MUSHROOMS, ONIONS, ZUCCHINI, FRESH BASIL, PROVOLONE CHEESE, ROASTED RED PEPPERS AND BABY SPINACH.

BLACK FOREST HAM \$8.09
TOMATOES, SWISS CHEESE, CUCUMBER & MAYONNAISE GRILLED PANINI STYLE.

SOUPS & SALADS

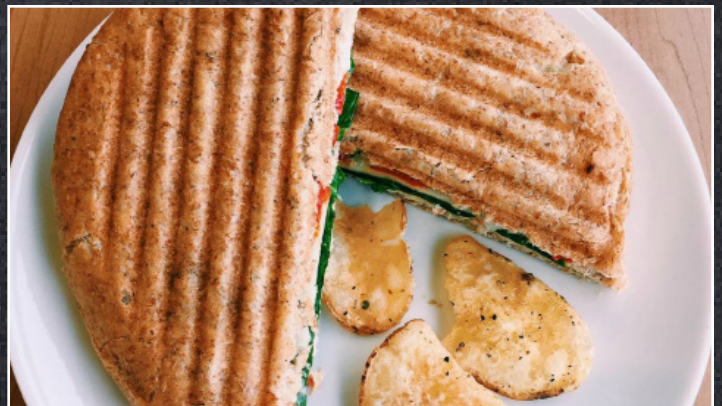
SOUP & SALAD COMBO \$8.99
ENJOY A SIDE GARDEN OR SIDE PASTA SALAD WITH ANY HOUSE MADE SOUP.

PASTA SALAD \$6.99
PENNE AL DENTE, JUICY PLUM TOMATOES, ROASTED PECANS, RED PEPPERS, CHUNKS OF RIPENED PEAR AND FRESHLY CRACKED PEPPER, TOSSED IN OUR OWN LIGHT VINAIGRETTE. SIDE SALAD \$4.49 WITH THE PURCHASE OF A SANDWICH.

FRESH GARDEN SALAD \$7.89
SIDE SALAD \$4.49 WITH THE PURCHASE OF A SANDWICH

SPECIALTY SOUPS \$6.99
FRESH. EXOTIC. EVERYDAY. ASK YOUR BARISTA FOR TODAY'S EXCITING CREATION. SIDE SOUP \$4.49 WITH THE PURCHASE OF A SANDWICH

OLD STYLE MAC & CHEESE \$6.99
MACARONI TOSSED IN OUR HOUSE MADE CREAMY CHEESE SAUCE, TOPPED WITH CHEDDAR CHEESE AND HERBED BUTTERED BREAD CRUMBS. BAKED GOLDEN BROWN.



MP / M / P / H



COFFEEMATTERSNL