



Our menus changes seasonally to ensure we have the best ingredients nature has to offer. These are just a sample of some of the dishes we have right now.

### **Our Breakfast**

Toast + Egg Cups

Ham + Egg Cup

Egg Spinach + Sundried Tomato + Cheddar Egg Sandwich on Whole Grain Flat Bread

Peameal Bacon + Apricot Mustard + Cheddar on Whole Grain Flat Bread

Tomato + Cheddar on whole Grain Flat Bread

Hot Oatmeal

Yogurt + Honey Parfait withy House-made Granola

Whole Wheat Blackberry Muffins

Gluten Free Blueberry Muffin

### **Snacks/ Spreads + Dips**

Pink Grapefruit Slices

Diced Mango

Fresh Grapes

Crudit  Garden Vegetables with Roasted Red Pepper + Feta Dip

Whole Wheat Pasta Salad with Kale, Sweet Corn + Sundried Tomato

Cold Soba Snacker

Kale Chips

Chickpea Hummus

Roasted Red Pepper + Feta Dip

Summer Succotash



## **Our Salads**

### Ontario Farmers Cobb

~ Chicken, Egg, Avocado, Roasted Tomato, Green Beans, Blue Cheese, Mixed Greens

### Nicoise Salad

~ Tuna, Egg, Olives, Green Beans, Tomato, Greens

### Cold Soba Noodle

~ Buckwheat Noodles, Gluten Free Soy + Honey Vinaigrette, Edamame, Snap Peas, Pea Shoots, Cilantro, Sesame Seeds

### Augusta Ave South Western Salad

~ Black Bean + Corn Salad, Avocado, Roasted Sweet Potato, Edamame, Cilantro, Pumpkin Seeds, Sprouts, Greens

### Mesina Salad

~ Quinoa Tabouleh, Olives, Cucumber, Tomatoes, Grilled Pita, Hummus, Greens

### Pink Grapefruit, Salmon + Avocado Salad

~ Roasted Salmon, Grapefruit, Avocado, Edamame, Pumpkin Seeds, Greens

### Yorkville Chicken and Goat cheese

~ Roasted Chicken, Goat Cheese, Grapes, Cranberries, Walnuts, Edamame, Pea Shoots

## **Our Sandwiches**

### Chunky Egg Salad on Whole Grain

### Tuna Salad with Lemon + Capers on Whole Grain

### Grilled Veg + Hummus on Whole Grain

### Roast Chicken, Avocado + Tomato Aioli on Whole Grain

### Wasabi Salmon Wrap

## **Panini**

### Pesto Chicken, Roasted Red Pepper, Mozzarella, Arugula

### Prosciutto, Mozza, arugula

### Grilled Veg + Goat Cheese



Tuna Melt with Cheddar

Black Forest Ham, Tomato, Cheddar, Arugula

**Quesadillas**

Daily Specials

**The Counter**

Lemon + Rosemary Chicken

Herbed Pesto Chicken

Citrus Salmon

Spiced Rubbed Beef

Quinoa Tabouleh

Roasted Sweet + Baby Potatoes

French Green Beans with Shallots

Broccolini with Roasted garlic, Chili Flakes + Lemon Zest

Black Bean + Corn Salad

Kale, Asparagus + Crispy Prosciutto Salad

Roasted Spring Carrots

Grilled Asparagus w/ Balsamic

Grilled Zucchini, Fresh Corn, Feta + Mint



## **The Sweets**

Zucchini Cake with Cream Cheese Frosting

Banana- Walnut Loaf

Lemon Loaf

Dark Chocolate + Almond Cookies

Gluten Free Brownies

Gluten Free Cookies

Grapefruit Bar

More Gluten Free Goodies To Come!