



Sandwiches

PANINI	\$9.97 380-550 Cals
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WRAP	\$8.97 440-640 Cals
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PITA	\$8.97 290-540 Cals
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CLASSIC	\$8.97 320-730 Cals
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GRILLED CHEESE	\$9.97 590-660 Cals
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ADD SIDE SALAD	\$3.99
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Adults & youths (ages 13 and older) need an average of 2000 calories a day, & children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.



Hot Meals

QUICHE

\$8.25 | 250-300 Cals

POT PIE

\$8.25 | 720 Cals

LASAGNA

\$11.74 | 330-410 Cals

+Garlic Bread

HOT MEAL OF THE DAY **\$13.50 | 370-780 Cals**

BUTTER CHICKEN

\$15.50 | 960 Cals

Adults & youths (ages 13 and older) need an average of 2000 calories a day, & children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.

Soup

OF THE DAY



LARGE:

\$7.25 | 110-290 Cals

SMALL:

\$5.50 | 70-180 Cals

Salad Bowls

SALAD BOWL

\$10.75 | 400-530 Cals

* Premium Salad Bowls - Add \$2.20

Salad

SINGLE SALAD: \$4.65 | 60-260 Cals

DOUBLE SALAD: \$8.45 | 120-580 Cals

TRIO SALAD: \$12.00 | 180-780 Cals



Cold Beverages

SMOOTHIES

	S	M	
Mango	190	250	Cals
Pina Colada	140	200	Cals
Strawberry	170	230	Cals

ICED COFFEE

	S	M	
Iced Coffee	190	230	Cals

FRAPPÉ

	S	M	
Cappuccino	180	230	Cals
Salted Caramel	180	230	Cals
Mocha	190	260	Cals

ICED CHAI

	S	M	
Iced Chai	190	260	Cals

ICED MATCHA

	S	M	
Iced Matcha	190	260	Cals



S: \$5.85

M: \$6.25



S: \$3.29

M: \$3.75



S: \$5.85

M: \$6.35



S: \$4.49

M: \$5.15



S: \$5.85

M: \$6.35



Adults & youths (ages 13 and older) need an average of 2000 calories a day, & children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.

Hot Beverages

	S	M	L	
COFFEE	\$2.55	\$2.85	\$3.14	
	0	0	0	Cals
CAFÉ LATTE	\$4.59	\$4.95	\$5.49	
	140	180	220	Cals
FLAVOURED LATTE	\$5.19	\$5.59	\$5.99	
Vanilla, Caramel, Chai	200	250	310	Cals
MATCHA LATTE	\$5.15	\$5.65	\$6.15	
	190	255	315	Cals
CAPPUCCINO	\$4.59	\$4.95	\$5.49	
	120	150	230	Cals
MOCHACCINO	\$4.94	\$5.59	\$5.95	
	180	240	320	Cals
HOT CHOCOLATE	\$4.35	\$4.59	\$4.95	
	270	360	460	Cals
LONDON FOG	\$4.94	\$5.59	\$5.95	
	200	250	310	Cals
TEA*	\$2.65	\$2.85	\$3.55	
	0	0	0	Cals

* Extra Tea Bag \$1





Breakfast Sandwiches

BAGEL SANDWICH	\$5.85 410 Cals
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CHORIZO WRAP	\$5.95 610 Cals
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SPARTAN WRAP	\$5.95 590 Cals
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CROISSANT SANDWICH	\$5.99 440 Cals
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ENGLISH MUFFIN	\$4.79 310 Cals
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AVOCADO BLT	\$5.85 530 Cals
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PANINI SANDWICH	\$6.25 550 Cals
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BAGEL CREAM CHEESE	\$4.09 310-440 Cals
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