

THURSDAY MAY 25th

CHOOSING OFF OF THE MENU WILL HAVE AN ADDITIONAL \$1 FEE PER base cost of your MEAL ALONG WITH STATED SURCHARGE NEXT TO SPECIFIC MEALS.

Protein Balls & Snacks-

please ask for other flavors (\$28 for 20/ \$43 for 40)

Cinnamon Raisin

MINI EGGS

Matcha white chocolate Coconut

Lemon Poppy Seed

Bakhlava

Winter Wonderland

Many other flavors available - please ASK!

-Banana Chocolate Chip Muffins (2 = \$9 or 6 = \$25)

-Chocolate Peanut Butter (2 = \$9 or 6 = \$25)

-Pumpkin Spice (2 = \$9 or 6 = \$25)

-SOUP \$8/ container (3 servings)

Alf turkey + Spinach

Blended Poultry

Borsch

Vegetarian - Legumes & Veg *contains Gluten

Curry Cran Yam

Tarragon Turkey Zuch

Vegan

Fenugreek Chicken

Curry Poultry

Spicy Seafood

TOFU (VEGAN)

Breakfast:

(\$8-\$10 each)

Egg White + Sausage Breakfast Burrito +\$2

Egg whites + turkey sausage

Egg white + fried egg + turkey sausage

Protein pancakes

Chocolate chip banana muffins (2 for \$8)

Chia Seeds

Protein Yogurt

Vegan/Vegetarian

-Special - Black Bean patties \$3

-Tofu +\$1

- vegan (legume) stews
- meatless meatballs +\$2
- BBQ chickpeas \$2
- taco kidney and corn rice bowl +\$2

Beef

- SPECIAL - Taco Steak Bites +\$6
- SPECIAL -Beef Vindaloo +\$6
- SPECIAL - Beef Bolognese Pasta +\$5
- SPECIAL - Cheesy Beef Taco Pasta +\$5
- SPECIAL- Spanish rice w: Pulled Beef +\$6
- SPECIAL - Spanish rice w: Ground Beef +\$5
- SPECIAL - Spanish rice w: Angus Balls +\$4
- SPECIAL- Herb + Garlic rice w: Pulled Beef +\$6
- SPECIAL - Herb + Garlic rice w: Ground Beef +\$5
- SPECIAL - Herb + Garlic rice w: Angus Balls +\$4
- Beef Kebab +\$4
- Angus beef meatballs +\$3
- Spicy ground beef +\$3
- Spicy Angus beef meatballs +\$3.50
- Steak +\$4

Pork

- Pork Schnitzel on Rice +\$5
- Chicken Cordon Bleu +\$4 (contains Ham)

Turkey

- Taco turkey wrap +\$2
- Taco Turkey
- Asian Ginger slaw Turkey
- Turkey meatballs w/ tomato sauce +\$3
- SPECIAL -Mini Alfredo Turkey Meatballs +\$3
- Mini spicy Turkey Meatballs +\$3
- Teriyaki Mini Turkey Meatballs +\$3
- Creamy Rose Turkey Meatballs +\$3

Chicken

- SPECIAL - Chicken Kebab +\$4
- SPECIAL - Chicken Caesar wrap +\$4
- SPECIAL - Buttermilk Chicken Wrap +\$4
- Alfredo Chicken Pasta +\$4
- Cajun Alfredo Chicken Pasta +\$4
- Rosé Chicken
- Peanut Chicken

Cajun Shredded Chicken +\$2
Shredded bbq chicken +\$2
Shredded Coconut cranberry chicken +\$2
Shredded teriyaki chicken +\$2
Shredded spicy coconut chicken +\$2
Shredded honey garlic chicken +\$2
Jalapeño mustard dill chicken breast +\$2
Shredded turmeric chicken
Chicken Parmesan +\$3
Chicken Swiss +\$3
Chicken Cordon Bleu +\$4

Seafood

-SPECIAL Dijon Mustard Salmon +\$5
-SPECIAL- Alfredo Salmon Pasta +\$6
-SPECIAL- CAJUN alfredo Chicken Pasta +\$6
-SPECIAL- Spanish rice w: Salmon +\$5
-SPECIAL- Spanish rice w: Prawns +\$5
-SPECIAL- herb & garlic rice with Salmon +\$5
--SPECIAL- herb & garlic rice with Prawns +\$5
-Cajun tilapia +\$2
-Lemon pepper salmon +\$4
-Roasted pepper wild cod +\$3
-Lemon Pepper Prawns +\$4