

THURSDAY SEPT 21st

CHOOSING OFF OF THE MENU WILL HAVE ALL SURCHARGES ADDED TO YOUR BASE PRICE

Protein Balls & Snacks-

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

Cinnamon Raisin

Churros

White Chocolate Mocha

Rees's Pieces

SKOR

Double Chocolate PB

White Chocolate Cranberry

MINI EGGS

Oreo

Fruit Loops

Lemon Poppy Seed

Bakhlava

Winter Wonderland

Many other flavors available - please ASK!

Blueberry Muffins (2 for \$9 / 6 for \$25)

Banana Chocolate Chip Muffins (2 for \$9 / 6 for \$25)

Chocolate Peanut Butter Muffins (2 for \$9 / 6 for \$25)

Cinnamon Swirl Muffins (2 for \$9/ 6 for \$25)

Pumpkin Spiced Muffins (2 for \$9/ 6 for \$25)

Carrot + Walnut Muffins (2 for \$9/ 6 for \$25)

Cranberry White Chocolate (2 for \$9/ 6 for \$25)

-SOUP \$8/ container (3 servings)

Breakfast:

Protein French Toast +\$11

Sun-Dried Tomatoes + Feta Omelette w: Bacon \$13

Sausage + Egg Breakfast Burritos +\$10

Spinach + egg white omelet +\$9

Egg whites + turkey sausage \$8

Egg white + fried egg + turkey sausage +\$9

Protein Yogurt Parfait \$8

Vanilla Chia seed pudding \$8

Protein Pancakes w: Maple Syrup, Coconut & Dark Chocolate \$8

Overnight Chocolate Oats \$9

Vegan/Vegetarian

BBQ Chickpea bowl

TACO kidney bean and corn bowl

Black Bean Patties +\$2

Curried Cauliflower + Lentil +\$2

Mexi-Broccoli Bowl +\$2

Tofu meals (variety) +\$2

Vegan stews *legume beans*

Kale + Corn Vegan Dish w: black beans

Green bean + kidney bean medley

Meatless meatballs in stew +\$2

Faux ground meat meals +\$2

Vegetarian meal w: fried egg +\$1

Beef

-SPECIAL - Ground beef Teriyaki Bowl \$5

SPECIAL- Beef Lasagna \$5

-SPECIAL -BBQ Steak Bites +\$6

-SPECIAL -Tandoori Steak Bites +\$6

-SPECIAL -Taco Steak Bites +\$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
 - Spicy ground beef
 - Spicy Angus beef meatballs
 - Steak +\$4

Pork

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

Turkey

- SPECIAL -Salisbury Turkey Burgers \$5 *Contains Mushrooms + Onions *Can be omitted
 - Taco turkey wrap +\$2
 - Taco Turkey
 - Chili turkey
 - Asian Ginger slaw Turkey
 - Turkey meatballs w/ tomato sauce
 - Mini Alfredo Turkey Meatballs
 - Mini spicy Turkey Meatballs
 - Teriyaki Mini Turkey Meatballs
 - Creamy Rose Turkey Meatballs

Chicken

- SPECIAL - Baked Lemon Pepper Chicken \$2
- SPECIAL Baked Greek Chicken \$2
- SPECIAL - Shredded BBQ Chicken \$2
- SPECIAL - Shredded Teriyaki Chicken \$2
- SPECIAL - Chicken Kebab \$4
- SPECIAL - Chicken Caesar wrap \$4 (Cajun +\$.50)
- SPECIAL - Buttermilk Chicken Wrap +\$4
- Alfredo Chicken Pasta +\$4
- Cajun Alfredo Chicken Pasta +\$4
- Rosé Chicken
- Peanut Chicken
- Cajun Shredded Chicken +\$2
- Shredded Coconut cranberry 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