

MAKE THE CHOICE THAT'S RIGHT FOR YOU. EAT WELL LOCALLY SOURCED VEGETARIAN VEGAN PLANT-CENTRIC

LUNCH	MONDAY 1/13	TUESDAY 1/14	WEDNESDAY 1/15	THURSDAY 1/16	FRIDAY 1/17
KETTLE SOUP \$3.50	Chili con Carne	Chicken Noodle	French Onion 	Potato Leek 	
SANDWICH SPECIAL \$7.50	Ham & Swiss on Wheat	Tuna Salad Wrap	Pastrami Sandwich	Chicken Salad Sandwich	Turkey & American on White
GLOBAL FLAVOUR. \$8.95/\$7.95	Beef Stir Fry with Peppers & Onions Portobello Mushroom Stir Fry 	Chicken Thai Curry Tofu in Thai Curry 	Pork Carnitas Tacos Crispy Tofu Tacos 	Lemon & Herb Roasted Salmon Lemon & Herb Vegan Chicken 	Italian Meatballs in Rosè Sauce over Pasta Beyond Meat In Rosè Sauce over Pasta
SIDES \$1.95	Steamed Broccoli Vegetable Fried Rice 	Vegetable Pad Thai Noodles Jasmine Rice 	Roasted Cilantro Corn Spanish Rice 	Oven Roasted Potatoes Green Beans 	Butter Parmesan Spaghetti Roasted Broccoli
ACTION STATION \$8.95		Build Your Own Burrito Bowl with your Choice of Protein, Veggies & Toppings		Build Your Own Burrito Bowl with your Choice of Protein, Veggies & Toppings	
URBAN EATS \$8.95	Korean Fried Chicken Bao Buns Baked Vegetable Spring Roll 	Korean Fried Chicken Bao Buns Baked Vegetable Spring Roll 	Korean Fried Chicken Bao Buns Baked Vegetable Spring Roll 	Korean Fried Chicken Bao Buns Baked Vegetable Spring Roll 	Korean Fried Chicken Bao Buns Baked Vegetable Spring Roll
CITY GRILL \$6.95 PIZZA VILLAGGIO \$5.95	Kickin' Chicken: Classic 'Which Margherita Pizza 	Kickin' Chicken: Vegan Buffalo Chicken 'Which Chicken & Pepper Pizza	Kickin' Chicken: Mozz Parm 'Which Broccoli Pizza 	Kickin' Chicken: Classic 'Which Hawaiian Pizza Bianca	Kickin' Chicken: Buffalo Bacon 'Which Three Cheese Pizza

Always Available for Mornings:

Fruit Cups & Parfaits, Seasonal Fresh Fruit, Pastries & Hot Breakfast Sandwiches

For Lunch

Salad Bar featuring Local Produce, Proteins, & Composed Salads