

MAKE THE CHOICE THAT'S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN



PLANT-CENTRIC

LUNCH	MONDAY 12/16	TUESDAY 12/17	WEDNESDAY 12/18	THURSDAY 12/19	FRIDAY 12/20
KETTLE SOUP \$3.50	Broccoli Soup	Chicken & Rice Soup	Pumpkin Soup	Chicken Noodle Soup	
SANDWICHES \$7.50	Ham & American on Wheat	Chicken Caesar Wrap	Tuna Salad Wrap	Turkey & American on White Bread	Grilled Beef Burgers with Crispy Fries
GLOBAL FLAVOUR \$8.95/\$7.95	Indian Butter Chicken Vegetarian Butter Chicken 	Beef Ragout Portobello Mushroom Ragout 	Chicken & Shrimp Tacos Seared Tofu Tacos 	Beef Bolognese Vegan Meat Bolognese 	Seared Teriyaki Salmon Vegan Chicken Teriyaki
SIDES \$1.95	Basmati Rice Pilaf Aloo Gobi (Cauliflower & Potato) 	Roasted Baby Potatoes Buttered Carrots & Peas 	Spanish Rice Grilled Mexican Peppers 	Spaghetti Parmesan Steamed Broccoli 	Furikake Rice Sesame Bok Choy
ACTION \$9.95		Vietnamese Pho Your Choice of Beef or Chicken with Assorted Toppings		Vietnamese Pho Your Choice of Beef or Chicken with Assorted Toppings	
URBAN EATS \$7.95	Japanese Katsu Chicken Sando Furikake Fries	Japanese Katsu Chicken Sando Furikake Fries	Japanese Katsu Chicken Sando Furikake Fries	Japanese Katsu Chicken Sando Furikake Fries	Japanese Katsu Chicken Sando Furikake Fries
CITY GRILL \$6.95 PIZZA VILLAGGIO \$4.95	Kickin' Chicken: Classic 'Which Three Cheese Pizza 	Kickin' Chicken: Honey Butter Chicken 'Which Pepperoni Pizza	Kickin' Chicken: Chicken Parm 'Which Bianca Spinach Pizza	Kickin' Chicken: Vegan Buffalo Chicken 'Which Sausage & Olives Pizza	Kickin' Chicken: Classic 'Which Three Cheese Pizza

Always Available for Mornings:

 Fruit Cups and Parfaits, Seasonal Whole Fresh Fruit, Pastries and Hot Breakfast sandwiches
For Lunch

Salad Bar featuring Local Produce, Proteins, and Composed Salads,