



IN HOUSE CAFFE MENU

BREAKFAST

MUFFINS

Choices of Honey Raisin Bran, Cranberry Orange, Chocolate Chip, Low Fat Zucchini Walnut, Raspberry Oatmeal, Banana and our famous Early Bird muffin.

LOAF SLICES

Choices of Iced Chocolate Banana, Omega Loaf, Lemon, Carrot Nut and gluten friendly Blueberry Banana.

SCONES

Choices of Whole Wheat Fieldberry, Cheddar Cheese, Apple Cinnamon, and Blueberry.

BAGELS

Choices of Multigrain, Sesame, Cheese, Cinnamon and Everything.

CROISSANTS AND TURNOVERS

Butter, Chocolate, Ham and Cheese and Apple Turnover

COOKIES

Choices of Milk Chocolate, Oatmeal Raisin, Chocolate Walnut and our gluten friendly Morning Madness.

YOGURT GRANOLA PARFAIT

Our super delicious yogurt comes from a local artisan dairy.

BREAKFAST WRAPS

Ham, bacon, eggs, and four cheese. Served with salsa.

FRESH CUT FRUIT SALAD

Seasonal fruits cut fresh daily

LUNCH

SALADS

Choices of Fresh Cut Fruit Salad, Pasta Salads, Mesculin Greens, Evil Potato Salad, Garden Veggie Broccoli, Andean Quinoa.

SOUPS

Two daily soups plus our popular Klondike Chili

SAVOURIES

Sanjay's famous samosas, sausage rolls, quiche.

SANDWICHES

Mini Paninis - Italian style sandwiches served with a variety of cold cuts in a Portuguese bun.

Veggie Bagels - Loaded with Veggies and Cream Cheese.

Signature Sandwiches - On freshly baked breads (multigrain, cheesebread, and marble rye)
[served with potato chips or veggies]

Freshly Baked Breads (multigrain, cheese and marble rye) - served with potato chips or veggies.

Tuna Salad

Roast Beef

Vegetarian

Shrimp Salad

Salami

Egg Salad

Smoked Turkey

Black Forest Ham

Roast Chicken Salad

DESSERTS

Our Menu includes a full selection of cookies, pastries and bars for your sampling.