



## Salads - Available in our Deli. Price/100g

▪ Vegetable Pasta Salad with Pesto Vinaigrette	\$1.75
▪ Red Potato Salad with Mayonnaise, Egg & Green Onion	\$1.75
▪ Chickpea Dill Salad with Lemon Vinaigrette	\$1.75
▪ Beet Salad with Red Onion & Basic Vinaigrette	\$1.75
▪ Coleslaw	\$1.75
▪ Lentil Chickpea Salad with Cumin Vinaigrette	\$1.75
▪ Roasted Root Salad with Maple Vinaigrette	\$1.95
▪ 7 Grain Salad with Green Onion & Asian Vinaigrette	\$1.95
▪ Oriental Noodle with Soy & Sesame Dressing	\$1.95
▪ Tabouleh	\$1.95
▪ Traditional Greek Salad with Greek Vinaigrette	\$1.95
▪ Greek Pasta Salad tossed in Greek Vinaigrette	\$1.95
▪ Fiesta Bean & Barley Salad with Honey Poppy Seed Vinaigrette	\$1.95

\* All salads and vinaigrettes are made from scratch in our shop

\*Please note, salad selections may change seasonally

## Gourmet Sandwiches

▪ Grilled Chicken, Roasted Red Pepper & Pesto on Panini	\$5.95
▪ Tuna & Cucumber on Multigrain	\$5.95
▪ Ham & Swiss on Multigrain	\$5.95
▪ Rare Roast Beef & Caramelized Onions on Baguette	\$5.95

## Savoury Pies Individual      9" (serves 6)

▪ Steak & Mushroom	\$5.95	----
▪ Steak & Kidney	\$5.95	----
▪ Chicken Pot Pie	\$5.95	\$14.95

## Quiche 9" (serves 4)

▪ Classic Quiche Lorraine	\$11.95
▪ Leek, Red Pepper & Brie	\$11.95
▪ Salmon & Dill	\$11.95
▪ Broccoli & Cheddar	\$11.95
▪ Mushroom & Swiss	\$11.95
▪ Spinach & Feta	\$11.95
▪ Vegetable & Parmesan	\$11.95

## Fish Cakes

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-Served with house made Tartar Sauce, Cajun Mayo or Green Tomato Chow

- Crab Cakes \$4.25 each
- Salt Cod Cakes \$4.95 each
- Haddock Cakes \$4.95 each
- Salmon & Dill Cakes \$4.95 each

## Pates & Spreads

Price/100g

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- Smooth Chicken Liver Pate \$2.95
- Sun Dried Tomato & Roasted Garlic Cheese Wheel \$3.95
- Smoked Salmon, Lemon & Dill Cheese Wheel \$3.95
- Sun Dried Tomato, Pesto & Garlic Cheese Wheel \$3.95
- Cranberry, Cheddar & Brandy Cheese Wheel \$4.25

\*Cheese wheel selections change seasonally

- Croutons \$3.95
- Crostini & Crisps (bag of 18) \$3.95 - \$4.95