



# 

RED PEAS SOUP (V) SM: \$800

LRG: \$1200 Simmered with coconut milk and natural seasonings

SOUP OF THE DAY

Made fresh daily

SM: \$800

LRG: \$1200



# SALAUS

# ASIAN CHICKEN SALAD

Mixed Greens topped with slices of Chicken Breast, Ramen Noodles, Almond Slivers, Orange segments and Carrots with an Asian Peanut dressing

EXECUTIVE CHEF'S

\$1,800

\$1,800

SALAD



Ham, Chicken, Pepper Jack Cheese on gourmet greens with boiled Egg and fresh Vegetables. Served with a house made Ranch dressing

# ENERGY MIX SALAD (V) \$1,760

Mixed Greens, Red Onion, Black Beans, Garbanzo Beans, Dried Cranberries and Walnuts served with Honey Mustard Dressing Add Chicken for \$700

# KID'S MENU

# GRILLED CHEESE \$720 SANDWICH (V)

Made with two types of Cheese (Swiss and Cheddar) on three slices of wheat or white bread

PB&J

\$720

# SANDWICH (V)

A classic combo of Peanut Butter and Jelly on three slices of wheat or white toast

HAM &

\$860

# CHEESE SANDWICH

Layers of Smoked Ham and Cheddar Cheese on your choice of sliced bread

PRICES LISTED ARE SUBJECT TO GOVERNMENT TAX AND SERVICE CHARGE

# BREAKFAST

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#### BREAKFAST BAGEL OR CROISSANT

\$900

Toasted Bagel OR Croissant with:

- Chicken Sausage, Seasoned Fried Egg and Cheese
- Pork Sausage, Seasoned Fried Egg and Cheese
- Bacon, Seasoned Fried Egg and Cheese
- Ham, Seasoned Fried Egg and Cheese

# SMOKED SALMON OR MARLIN BAGEL

\$1,200

Smoked Salmon or Marlin, Cream Cheese, Red Onions, Lettuce, Tomato, Cucumber and Capers sandwiched in a toasted Bagel of your choice

Add Pepper Jelly

\$120

#### TOASTED BAGEL OR CROISSANT

\$660

Bagel OR Croissant, toasted and topped with up to two condiments of your choosing

- Cream Cheese
- Peanut Butter
- Butter

Additional toppings \$120

#### BAGEL OPTIONS

- Plain

- Cinnamon

- Wheat

- Blueberry

- Everything

# COMFORT FOOD

#### HAM MAC & CHESE

\$1,500 CHICKEN POT PIE (\*\*\*) \$1,860

This classic comfort food is made up of cheesy Macaroni baked with bits of Ham A classic English style Pot Pie of Chicken, Potatoes, Carrots, Green Peas and Mushrooms covered in a flaky Puff Pastry

#### VEGETABLE LASAGNA \$1,860

Sautéed variety of in-season Vegetables with Feta, Parmesan and Cheddar Cheese baked in this meat-free Lasagna

#### CHICKEN LASAGNA

\$1,860

Jerk minced Chicken simmered in Cream with Vegetables layered between Lasagna Noodles and topped with Parmesan Cheese

### BAD DAWG CHILI

\$700

A warm and comforting bowl of Beef Mince, Bad Dawg Pork Sausage, Bacon and Beans slowly simmered in Beer and spicy Tomato Sauce. Served with a side of Sour Cream

# PANINIS

#### PRICES LISTED ARE SUBJECT TO GOVERNMENT TAX AND SERVICE CHARGE

# NEW KINGSTON STEAK PANINI



\$1,800

Marinated Roast Beef, sautéed Mushrooms and Onions melted with Pepper Jack Cheese on Ciabatta Bread

### CHICKEN CLUB PANINI



\$1,280

Layers of sliced Chicken Breast, smoked Bacon, seasoned fried Egg, mild Cheddar Cheese and our house made flavoured Mayo on Ciabatta Bread

#### KNUTSFORD BOULEVARD PORK PANINI

\$1,300

Slow roasted Pork Loin with Dill Plckles, Red Onion and melted Pepper Jack Cheese on Ciabatta Bread

#### CHICKEN PESTO PANINI

\$1,520

Grilled Chicken Breast, creamy Mozzarella Cheese and our house made Basil Pesto sauce (Pine Nut-free) on Ciabatta Bread

# SPICY JALAPENO CHICKEN PANINI

\$1,660

LRG: \$980

Breaded Chicken Fillet with Jalapeno Peppers and Brie Cheese

## POTATO WEDGES

CLASSIC WEDGES SM: \$420 SEASONED WEDGES SM: \$460

Our oven-baked hand cut Wedges are made with light Butter for a healthier version of

LRG: \$940 For a twist on classic Wedges,

choose from Parmesan & Herb

the classic Potato Wedge

# **Spicy Cajun**

# GRILLED WRAPS

# CHICKEN WRAP



\$1,280

One of our signature dishes. Jerk seasoned Chicken Breast with sautéed Vegetables and Pepper Jack Cheese

### TUNA WRAP

\$1,260

Tuna Salad with a hint of Scotch Bonnet Pepper, sautéed Bell Peppers and Onion

# CURRY TOFU &

\$1,200

# CHICK PEA WRAP (V)

A vegetarian favourite. Tofu, Chickpeas and Irish Potato simmered in mild Curry flavours

# SIGNATURE BOWLS

# BAJA BOWL \$1,660



Grilled Chicken breast, homemade Salsa, roasted Corn, Marinated Tomatoes, Feta Cheese and Black Beans on top a bed of white rice drizzled with Sriracha Crema

# TERIYAKI BOWL \$1,660

Grilled Chicken breast, Broccoli, Carrots, Cabbage Slaw and Sesame Seeds on top a bed of White Rice drizzled in Teriyaki sauce

# COFFEE & TEA

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	REG	LARGE	REG	LARGE
100% BLUE MOUNTAIN COFFEI	E \$500	\$600 TEA	\$460	\$640
DECAF COFFEE	\$480	\$540 ICED TEA	\$460	
CAPPUCCINO	\$580	\$700 \$720 <b>HOT CHC</b>	COLATE \$500	\$600
MOCHA	\$600	\$720		<b>4000</b>
LATTE	\$600	\$720		
ICED COFFEE	\$500	ADD	FLAVORED SY	RUP
FRAPPE	\$860	\$80	REG, \$120 LAR	GE
SINGLE SHOT ESPRESSO	\$440		HAZELNUT	

\$680

# BEVERAGES

**MILKSHAKE** \$900 FRUIT JUICE \$480 \$300 MOTT'S APPLE **BOTTLED WATER** \$880 JUICE \$860 **PERRIER** WELCH'S GRAPE 900 **SPARKLING WATER** \$460 LEMONADE \$420 SODA **FROZEN** \$520 LEMONADE

# SMOOTHIES

\$600 FRESH FRUIT \$720 **GREEN SMOOTHIE SMOOTHIE** Assorted Green Veggies A blend of seasonal Fruits blended with Pineapple, a touch **BREAKFAST IN** \$1,100

A GLASS

DOUBLE SHOT ESPRESSO

A delicious blend of Oats, Honey, Ripe Banana, and low fat Yogurt

of Lime and Orange Juice MELON & BASIL \$940

**SMOOTHIE** A refreshing blend of Watermelon, Cantaloupe, Ripe

Banana, Honey and Basil

# ALCOHOLIC BEVERAGES

\$780
4700
\$780
\$600
\$600
\$650
\$600
\$600
\$900

# DESSERTS

• FRENCH VANILLA

CARAMEL

Please see our pastry case for today's specials

ICE CREAM 1 Scoop \$600

2 Scoops \$920

\$440

CHESECAKE C \$840

\$620 BREAD & BUTTER

**PUDDING** 

MUFFINS \$480

\$600 SCONES

2 Scones per serving

\$440 COOKIES

GLUTEN FREE GRANOLA BAR

FRUIT BOX

