

OFFICE LUNCH MENU

FOOD SAFETY & COVID 19

Your safety and the safety of our staff during this time is incredibly important to us. We have therefore put more safety precautions in place to avoid any cross contamination.

We are constantly cleaning the surfaces and utensils in our kitchen facility where your food is prepared. We thoroughly wash any fruits or vegetables as well as require our staff to frequently and thoroughly wash their hands when handling food. We have also added delicious new options to our individualized lunch menu to encourage our customers to order items that are personalized to them, further reducing cross contamination.

Our drivers will be wearing masks and gloves during each contactless delivery. Once they arrive they will call you to let you know, please explain to them where you would like your food left and once they have completed delivery they will call you to inform you.

Our customers have always been our priority and we will continue to bring you delicious, healthy meals during this new reality.



NEW LUNCH COMBOS

BAGUETTE OR WRAP LUNCHBOX \$19.15

Includes: Baguette OR Wrap with Chef's Assortment Fillings, Homemade Granola Bar, Brownie

SANDWICH LUNCHBOX \$15.65

Includes: Classic Sandwich with Chef's Assortment Fillings, Bag of Kettle Chips, Cookie, Piece of Fresh Fruit

SUSHI LUNCHBOX SUPREME \$21.05

Includes: Rainbow Roll (9 Pieces), Piece of Fresh Fruit, Cookie

REGULAR LUNCHBOX COMBO \$16.00:

CHOOSE A SANDWICH:

Grilled Cheese, Egg Salad, Ham & Cheese, Tuna Salad, Chicken Salad, BLT

CHOOSE EITHER:

A Bag of Kettle Chips & Cookie

Or

A Fresh Fruit Cup

SUSHI LUNCHBOX CLASSIC \$18.65

Includes: Spicy Tuna OR Spicy Salmon Roll, Miso Soup, Piece of Fresh Fruit, Cookie

SUSHI LUNCHBOX VEGETARIAN \$18.65

Includes: Avocado Roll & Veggie Spring Rolls, Piece of Fresh Fruit, Cookie

BURRITO BOWL LUNCHBOX \$24.75

Includes: Burrito Bowl: Quinoa, Beans, Corn, Onions, Peppers, Iceberg Lettuce, Kale, Sour Cream, Guacamole & Cheddar

Your Choice or Protein: Falafel, Grilled Chicken, Pulled Beef
Dessert: Cheesecake

SUSHI LUNCHBOX COMBO \$16.00:

MAKI & SOUP COMBO:

Spicy Tuna *or* Spicy Salmon Roll and a Miso Soup

ROLL & SPRING ROLL COMBO:

Avocado Roll & Veggie Spring Rolls
with Sweet Chili Dipping Sauce



SALADS

CAJUN SHRIMP SALAD \$14.50

Sautéed Cajun Spiced Shrimp, Spinach, Cherry Tomato, Sweet Corn, Boiled Egg, Sesame Seeds, Dijon Mustard Dressing

STEAK & AVOCADO SALAD \$19.45

Striploin, Spinach, Kale, Quinoa, Feta Cheese, Olives, Red Onions, Guacamole, Roasted Garlic & Olive Oil Dressing

WAHOO & KALE CAESAR SALAD \$18.70

Grilled Wahoo, Avocado, Parmesan Cheese, Croutons, Cherry Tomatoes, Salsa Verde

GRILLED CHICKEN SPINACH SALAD \$13.25

Boiled Egg, Olives, Sundried Tomatoes, Artichoke Hearts, Balsamic Vinaigrette

GRILLED CHICKEN KALE CAESAR SALAD \$15.90

Kale, Baby Spinach, Parmesan, Garlic Croutons

GRILLED SALMON SALAD \$14.45

Grilled Salmon Filet, Green Peas, Cherry Tomatoes, Boiled Egg, Red Cabbage, Pistachios, Green Beans, Orange & Cilantro Dressing

MOROCCAN CHICKEN SALAD \$13.25

Moroccan Spiced Chicken, Roasted Beets, Parsley, Red Onions, Kale, Yogurt Dressing



SALADS & BOWLS

BEET & GOATS CHEESE SALAD \$15.00

Greens, Walnuts, Red Onions, Lemon Honey Dressing

TACO SALAD \$11.85

Homemade Tacos, Beans, Corn, Peppers, Chicken, Cherry Tomato, Cucumber, Chipotle Dressing

GRILLED CHICKEN QUINOA BOWL \$15.65

Quinoa, Black Beans, Romaine, Spinach, Bell Peppers, Red Onions, Mushrooms, Sliced Avocado, Feta Cheese, Corn, Salsa, Honey Lime Dressing

BEEF & BACON KETO BOWL \$17.85

Hard Boiled Egg, Bacon, Spinach, Kale, Avocado, Broccoli, Tomatoes, Onions, Mushrooms, Sunflower Seeds, Pulled Beef, Avocado Oil Ranch

THAI SALAD BOWL \$11.85

Cherry Tomato, Cucumber, Corn, Glass Noodles, Peppers, Carrots, Almonds, Thai Dressing
Add Protein: Chicken, Pulled Beef, Salmon +\$4.30

GREEK SALAD BOWL \$12.00

Onions, Feta, Tomato, Olives, Cucumber

CURRIED COCONUT WAHOO BOWL \$18.70

Quinoa, Black Beans, Corn, Lettuce, Julienne Peppers, Coconut Milk Dressing

PULLED BEEF BURRITO BOWL \$17.75

Lime & Cilantro Rice, Black Beans, Corn, Red Onion, Peppers, Romaine Lettuce, Kale, Sour Cream, Guacamole, Shredded Cheddar, Salsa Verde



SANDWICHES & WRAPS

STEAK SANDWICH \$17.55

Striploin Steak, Cheddar Cheese, Lettuce, Tomato, Sautéed Onions, Garlic Mayo, House Baked Baguette

L.A. CAESAR PANINI \$13.90

Grilled Chicken, Romaine Lettuce, Tomato, Avocado, Sweet Chili Sauce

PULLED BBQ BEER BRIOCHE SANDWICH \$14.20

Pulled BBQ Beef Brisket, Mango Slaw, Swiss Cheese, Freshly Baked Brioche Bun

CHICKEN & KALE CAESAR WRAP \$13.90

Kale, Grilled Chicken, Parmesan Cheese, Brown Rice, Bacon, Bell Peppers, House Made Caesar Dressing

FALAFEL & GUACAMOLE SANDWICH \$11.55

Romaine Lettuce, Tomatoes, Mango Slaw, Salsa Verde, Freshly Baked Brioche Bun

CALIFORNIA CHICKEN WRAP \$13.90

Grilled Chicken, Romaine Lettuce, Tomato, Avocado, Roasted Peppers, Sweet Chili Sauce

DOUBLE CHEESE CHICKEN BACON LAVASH WRAP \$13.90

Grilled Chicken, Swiss & Goats Cheese, Tomato, Avocado, Sweet Chili Sauce

SOUTHERN FRIED CHICKEN SANDWICH \$14.20

Fried Chicken, House Baked Brioche Bun, Coleslaw, Pepper-Jack Cheese, Lettuce, Tomato, Chipotle Sour Cream



SANDWICHES

MOZZARELLA & PESTO CIABATTA \$15.60

Pesto, Spinach, Tomato, Grilled Chicken,
Mozzarella Cheese

ROAST BEEF CIABATTA \$16.90

Roast Beef, Dijon Mayo, Tomato, Spinach,
Sautéed Onions

CODFISH SANDWICH \$9.10

Codfish, Lettuce, Tomato, Tartare Sauce on
Raisin Bread

SOURDOUGH 10 INCH PIZZAS

72 HOUR ADVANCE ORDER ONLY

MARGARITA PIZZA \$15.50

Tomatoes, Mozzarella, Fresh Basil

SALAMI PIZZA \$17.50

Tomatoes, Mozzarella, Salami

NAPOLI PIZZA \$17.00

Tomatoes, Mozzarella, Capers, Anchovies,
Olives, Fresh Basil

CAPRICIOSA \$21.10

Tomatoes, Mozzarella, Ham, Mushrooms,
Artichokes, Olives



BURGERS

BLACK BEAN BURGER \$9.65

Lettuce, Tomato, Avocado, Hummus

SMOKEY BBQ BURGER \$13.05

Sautéed Mushrooms, Pepper Jack Cheese,
Smokey BBQ Sauce, Lettuce, Tomato

DELUXE CHEESE BURGER \$13.05

Crispy Bacon, Cheese, Sliced Pickles,
Avocado, Lettuce, Tomato

MEXICAN CHICKEN BURGER \$14.20

Sautéed Mushrooms, Pepper Jack Cheese,
Smokey BBQ Sauce, Lettuce, Tomato

ADD FRIES \$4.45 | ADD SWEET POTATO FRIES \$6.95

FAVOURITES

ARABIC PLATTER \$13.35

Grilled Chicken, Panini Bread, Cous-Cous Salad,
Cherry Tomatoes, House Made Hummus,
Kalamata Olives

HEALTHY PLATTER \$13.35

Grilled Chicken, Quinoa, Tabouli, House Made
Hummus, Vegetables

JERK CHICKEN QUESADILLAS \$17.20

Flour Tortilla, Cheddar Cheese, Onions,
Tomatoes, Salsa, Sour Cream

FRIED CHICKEN LUNCH \$15.75

3 Breaded Fried Chicken Tenders, Coleslaw,
Sweet Potato Fries



SMOOTHIES

KETO SMOOTHIE 12oz \$12.05

Blueberries, Strawberries, Sour Cream, Peanut Butter, Heavy Cream, Coconut Milk, MCT Oil, Coconut Flakes

NUTRIFIT GREEN SHAKE 20oz \$15.25

Banana, Peach, Spinach, Parsley, Almond Butter, Almond Milk

AVO KALE COLADA 20oz \$15.35

Kale, Pineapple, Avocado, Coconut Syrup, Almond Milk, Whey Protein

BANANA NUTS SHAKE 20z \$15.35

Banana, Oatmeal, Walnuts, Almonds, Peanut Butter, Whey Protein

LOW FAT STRAWBERRY SUNRISE 20 oz \$15.10

Acai Berry, Strawberry, Banana, Blueberry, Espresso Shot, Almond Milk



DESSERTS

DECADENT CHOCOLATE TORTE \$11.55

With Gluten Free Pumpkin Seed Base

APPLE STRUDEL \$12.20

Whipped Cream, Vanilla Sauce

CARROT & ZUCCHINI CAKE \$11.55

Mascarpone, Confit Pineapple, Walnuts,
Toasted Coconut, Pure Honey (From Buckwheat
Blossoms!)

INDIVIDUAL CHEESECAKES \$7.00

Chef's Choice

