



FRESH START BISTRO

Catering to MIND, BODY & SOUL

BISTRO FARE

Panini Grilled Sandwiches \$ 6.49

- **Classic Italian** - Genoa salami, prosciutto ham, capicola, roasted red peppers, provolone cheese, black olive tapenade, garlic aioli
- **Vegetarian** —grilled portabella mushroom, roasted red peppers, spinach, fontina cheese, sundried tomato tapenade, herb aioli
- **Smoked Turkey Club** – turkey, bacon, tomatoes, avocado, herb aioli & cheddar cheese
- **Traditional Reuben** —Montreal smoked meat, sauerkraut, chipotle and herb mayo, and Swiss cheese

Sandwiches & Wraps \$ 6.49

Roast beef, Montreal smoked meat, ham, egg salad, tuna salad, smoked turkey, veggie, Thai wrap, turkey club wrap

We use only locally produced deli meats

Hot Sandwiches \$11.99

Includes small deli salad

Philly Steak & Cheese

Beef, peppers, onions, mushrooms and cheese on fresh baguette.

Montreal Deli Rye

Steamed Montreal smoked meat, cheese on dark rye bread.

Teriyaki Chicken Sub

Sweet peppers, onions, chicken breast, teriyaki sauce on a baguette.

- **Quesadillas** - black beans, chicken, salsa, and cheddar cheese

Fresh Salad \$6.99

- Mixed green salad with vanilla pear vinaigrette
- Spinach Salad raspberry poppy seed dressing
- Caesar Salad

Add grilled chicken, beef or salmon to salads for \$3.99

Spinach Salad with Steak and Mushroom \$10.99

Daily Deli Salad Sm \$3.99 Lg \$4.99

Daily Soups Sm \$4.99 Lg \$5.99

All soup are made fresh daily and served with a bun.

Cup of soup with ½ sandwich \$8.99

Burgers \$11.99

Bison or Chicken burger

Served with choice of potato wedges or daily feature salad

Rice Bowls \$10.99

Served with fresh vegetables and multigrain rice. Gluten free rice noodles available upon request.

- Teriyaki Beef
- Curried Chicken
- Tuscan Grilled Salmon
- Vegetarian Rice Bowl

Ask About our Friday Night Features





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Brunch Saturday & Sunday 9am—CLOSE

Items Below Served with Fresh Fruit Cup and Roasted Baby Potatoes

Classic Eggs Benedict \$9.99

Poached eggs, hollandaise and ham on a cheese scone

Croissant Melt \$9.99

Scrambled eggs, bacon, cheddar cheese & vegetables

Breakfast Bagel \$9.99

Scrambled eggs, ham, cheddar cheese & vegetables

Breakfast Burrito \$9.99

Scrambled eggs, black beans, Italian sausage, salsa and cheddar cheese

Omelet of the day \$9.99

Fruit cup, potatoes or toast

Beverages

Coffee –no charge refills \$2.99

Juice (Assorted) \$1.99

Pop (Assorted) \$1.99

Snapple (Assorted)
\$2.99

Orangina \$2.49

Items Below served with Fruit Cup

Multigrain pancakes \$9.99

with lemon cream & caramel sauce

Smoked salmon on a bagel \$9.99

with dill cream cheese & classic garnishes

Huevos Rancheros \$9.99

with salsa, black beans, avocado, cheese & eggs

Cinnamon French Toast \$9.99

with poached apples, fresh strawberries and maple syrup

LUNCH ITEMS

Rice Bowls \$9.99

Teriyaki beef, curried chicken, grilled salmon, vegetarian

Made to order Sandwiches \$5.99

Roast Beef, Ham & Swiss, Turkey, Tuna Salad, Egg Salad, Montréal Smoked Meat
Available on a variety breads, Bun or Bagel

SOUP (made fresh daily) \$5.99

Kids (12 & under) \$7.99

Choice of any 2 items below and includes choice of juice.

Eggs, Pancakes, French Toast, Grilled Cheese, Potatoes, or Fruit Cup

