

THE MAIN MENU

HEALTHY ESSENTIALS

herb marinated grilled chicken breast
sundried tomato turkey loaf
cashew crusted salmon
cauliflower mash
wild rice
apricot & almond couscous
Dr. John's chilli
candied beets
artichoke, chick pea & feta salad
lentil burgers
cilantro, steak, and tomato quinoa

PROTEIN

bourbon bbq ribs
mini meatloaf
italian stuffed chicken
mint pistachio stuffed leg of lamb
candied salmon patty
roasted chicken
1/4 butter chicken
Quiche

STARCHES

roasted garlic & cheddar mashed potatoes
sweet potato mash
butternut squash rice
mushroom potato gratin
risotto (weekly varieties)
roasted root vegetables
maple cashew cranberry wild rice

SALADS

greek
pancetta potato
mesa bean
caprese
broccoli raisin cheddar
ancient grains and lentils
basil pasta
fresh fruit
asian noodle

ENTRÉE'S

beef lasagna
roasted vegetable lasagna
chicken & risotto stuffed pepper
Spolumbo's chicken cannelloni
Spolumbo's sausages

ANTIPASTI

parmesan artichoke dip
bruschetta
salsa
tzatziki
hummus
house marinated olives
stuffed olives
world wide cheese selection

VEGGIES

seasonal market veg
green beans & almonds
asparagus
roasted veg mix
root veg mix
white wine chilli cream corn

SANDWICH

roast beef
smoked turkey
tarragon chicken salad
italian
veggie caprese
asian tuna salad
rosemary ham

SOUP & SALAD

market house
bridges caesar
classic spinach
vital greens
soups of the day

HOT CUISINE

BREAKFAST 7-10 WEEKDAYS

scrambled egg sandwich
bacon & egg sandwich
bigger egg sandwich
ham & swiss omelette
veggie omelette
cinnamon bun french toast
breakfast grilled cheese

WEEKEND BRUNCH 8-2 SAT 9-2 SUN

italian, west coast, classic, veggie bennys
sausage & peppers omelette
ham & swiss omelette
steak and eggs
veggie omelette
two eggs your way
sweet potato hash
super stuffed french toasts
egg sandwiches

LUNCH 11-2 WEEKDAYS

chicken mushroom alfredo
cashew chicken stirfry
linguine lentil balls
linguine meat balls
thai beef curry
bbq beef sandwich
chipotle pulled pork sandwich
mediterranean turkey sandwich
steak sandwich
classic cheeseburger
lean & greens salad

DINNER 5 - 9 DAILY

coq au vin
curry chicken ravioloni
cashew chicken stir fry
sundried tomato chicken rigatoni
8oz sirloin
thai beef bowl
lean & greens salad
provençal bean salad