

THE MAIN MENU

HEALTHY ESSENTIALS

herb grilled chicken breast
sundried tomato turkey loaf
cashew crusted salmon
cauliflower mash
candied beets
artichoke, chick pea & feta salad
lentil burgers
cilantro, steak, and tomato quinoa
asian marinated tofu
candied salmon cakes
ancient grains and lentils

PROTEIN

bourbon bbq ribs
mini meatloaf
italian stuffed chicken
butter chicken satay
Quiche

STARCHES

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

DELI SALADS

greek
pancetta potato
mesa bean
caprese
broccoli raisin cheddar
basil pasta
fresh fruit
asian noodle

ENTRÉE'S

beef lasagna
roasted vegetable lasagna
chicken & risotto stuffed pepper
chicken canelloni
Spolumbo's sausages
herb crusted mac & cheese

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
edamame

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

egg sandwiches
breakfast grilled cheese
field berry green tea smoothie
ham & swiss omelette
veggie omelette
cinnamon bun french toast
breakfast grilled cheese
fruit and yogurt parfait
quinoa oatmeal

WEEKEND BRUNCH 8-2 SAT 9-2 SUN

italian, west coast, classic, veggie bennys
omellettes
steak and eggs
two eggs your way
sweet potato hash
super stuffed french toasts
egg sandwiches

LUNCH 11-2 WEEKDAYS

chicken mushroom alfredo
cashew chicken stirfry
penne primavera
linguine meat balls rose
thai beef curry
grilled chicken sandwich
turkey gnocchi carbonara
linguine salsicce
steak sandwich
bbq cheddar burger
lean & greens salad
wild rice jambalaya
meatball sub
beef mushroom stroganoff

DINNER 5 - 9 DAILY

coq au vin
cashew chicken stir fry
sundried tomato chicken rigatoni
8oz sirloin
thai beef bowl
lean & greens salad
seafood arrabiata papardelle
pan crisped salmon
meat & cheese platter
mediterranean antipasti platter