

GLOBAL COMFORT FOOD



MADE TO ORDER

PANINIS

ADD A SALAD FOR \$1.50

THE SALYUT – 8.25

Turkey breast, pesto, spinach, tomato and mozzarella cheese, all deliciously melted.

THE ION – 8.25

Chicken breast, sun-dried tomato pesto, mushrooms, marinated artichoke hearts and Swiss cheese served hot.

THE GALACTIC – 8.75

Turkey breast, bacon, sun-dried tomato pesto, spinach and provolone grilled golden.

THE NUCLEUS – 8.00

Spinach, mushroom, tomato, pesto and mozzarella grilled golden.

THE PLUTONIUM – 8.25

Ham, mushroom, olive tapenade and Swiss cheese grilled golden.

THE NEUTRON-8.50

Classic Ruben; lean pastrami, sauerkraut and Swiss cheese grilled golden in rye bread

GRILLED CHEESE – 5.75

Assorted cheeses grilled golden your choice of bread.

Follow Us For Daily Specials



SANDWICHES

ADD A SALAD FOR \$1.50

THE ATOM – 7.50

The classic BLT: crispy bacon, crispy lettuce with juicy, ripe tomato.

THE ENDEAVOR –8.00

Angus burger, your choice of cheese, lettuce, tomato, onion and a choice of homemade sauce.

BUILD YOUR OWN SANDWICH OR WRAP – 7.50

Your choice of ham, turkey, chicken, chicken salad or egg salad. Grilled Angus tri-tip is also available for \$1.50 extra.

THE HUBBLE (VEGAN) – 7.50

Homemade hummus with fresh avocado, tomato, crispy Romaine lettuce and cool cucumbers.

THE SPUTNIK (VEGAN) – 8.25

Homemade veggie burger made with lentils, cashews, leeks, onions, mushrooms, and your choice of cheese and sandwich toppings.

SALADS

THE UTOPIAN – 9.50

Fresh spinach and fresh avocado salad with hot chilli grilled chicken breast. (Choose your heat level)

THE PROTON – 8.75

Asian orange chicken salad with toasted almonds, sweetened cranberries and grilled chicken served on a bed of field greens then perfected with a citrus vinaigrette.

THE NEON – 9.75

Thai-style beef salad, grilled marinated tri-tip served over mixed greens, red onions, cucumbers and cilantro.

THE VOYAGER – 8.75

A Thai-style chicken salad with traditional spicy peanut dressing on fresh field greens with grilled chicken breast.

THE VIKING – 10.75

Cobb salad with crispy romaine lettuce, tossed with a perfectly light lemon mustard vinaigrette topped with turkey breast, bacon, fresh avocado, celery, green onion and crumbled blue cheese.

THE APOLLO (VEGAN) – 9.50

Our homemade veggie burger served on a bed of field greens with assorted fresh vegetables and your choice of sauce.

GLOBAL COMFORT FOOD



MADE TO ORDER

BREAKFAST

SERVED UNTIL 10:30 AM

HOMEMADE GRANOLA PARFAIT – 5.25

Low-fat, crunchy, healthy goodness with rolled oats, nuts, and the sweetness of yogurt and fresh fruit.

ROLLED OATS PORRIDGE – 4.25

Rolled oats, banana and raisins served with brown sugar or honey and milk.

FRITTATA (BAKED TO ORDER) – 6.25

Please allow 20 minutes of preparation time. 2 eggs, cream and cheese baked golden with your choice of 3 of the following: spinach, mushrooms, tomatoes, onions, cilantro, jalapenos, bacon, ham, or turkey.

FRENCH TOAST – 5.95

Sour dough bread dipped in egg batter, fresh orange zest, and served with real maple syrup.

BREAKFAST EGG & HAM, TURKEY OR BACON SANDWICH – 5.25

2 eggs scrambled on your choice of bread or bagel lightly toasted topped with cheese.

BREAKFAST EGG SANDWICH – 4.25

2 eggs scrambled on your choice of bread or bagel lightly toasted and topped with cheese.

BREAKFAST BURRITO WITH HAM, TURKEY OR BACON – 6.25

Your choice of meat with 2 eggs scrambled, beans, pico de gallo and Monterey and cheddar cheese.

BREAKFAST BURRITO – 5.25

2 eggs scrambled, beans, pico de gallo and Monterey or cheddar cheese.

BREAKFAST TACOS- 5.50 for two 3.00 each

Eggs, pico de gallo, cheese and your choice of vegetable, bacon, ham or turkey

PBJ \$3.75

Peanut butter and strawberry jam on your choice of bread or bagel

2 EGGS COOKED TO ORDER & TOAST – 4.25

2 EGGS COOKED TO ORDER BACON, HAM OR TURKEY & TOAST – 5.75

3 EGGS COOKED TO ORDER & TOAST – 5.25

3 EGGS COOKED TO ORDER HAM, TURKEY OR BACON AND TOAST – 6.75

HOME ROASTED HERB POTATOES – 3.95

FRUIT SMOOTHIE

Today's fresh fruit, yogurt, honey and fresh squeezed orange juice \$4.75

FRESH SQUEEZED BY HAND ORANGE JUICE 12OZ. \$3.75 16OZ. \$4.75

**CHECK OUT WHAT SURPRISES WE HAVE IN OUR DELI CASE MADE FRESH DAILY
PLEASE INQUIRE ABOUT OUR DAILY SPECIALS
CATERING AND DELIVERY AVAILABLE**