



FOOD FOR THOUGHT

C A F E & C A T E R I N G

Lightly Toasted Wraps

Jalapeno Steak 10.5
grilled steak strips, jalapeno chili, marinated peppers, melted cheese, red onion, cucumber, house made roasted garlic aioli and leafy greens

Mexican Chicken 9.5
crispy fried chicken, avocado, leafy greens, cucumber, red onion and cheddar cheese with sour cream and sweet chili

Chickpea Falafel (V) 8.5
homemade grilled falafel patties served with leafy greens, cucumber, red onion, grilled peppers and sweet-chili dressing

Fish 9.5
lightly crumbed flounder, lettuce, tomato, cucumber and house made tartare

Toasted Turkish Breads

Tuscan Chicken 8.5
tuscan spiced roast chicken, marinated red peppers, red onion, cheddar cheese, baby spinach and house made mayo

Swiss Ham 8.5
virginian ham, swiss cheese, sundried tomato, baby spinach, red onion and house made roasted garlic aioli

BLT 8
crispy bacon, lettuce, tomato, cheddar cheese, smokey BBQ sauce and house made roasted garlic aioli

Salads

Thai Beef (GF) 10.5
strips of beef and fresh vegetables tossed through leafy greens and served with crispy rice noodles

Smoked Salmon Pasta 9.5
smoked salmon, roasted pumpkin, baby spinach and red onion tossed through penne pasta with a light hollandaise dressing

Mapel Roasted Vegetable (GF) (V) 8
with red onion, feta, cracked pepper and fresh baby spinach in light maple and olive oil dressing

(GF) and (V) denotes Gluten free and Vegan options available, please specify when ordering!