

Chef's Table – Lunch/Dinner

Served from 11am

Chicken twister wrap – A campus favourite! Tender chicken fingers, crispy bacon, lettuce, tomato & mayo on your choice of wrap \$10.49, 710 Cals

Love me tenders (3) – 3 seasoned, breaded chicken fingers with your choice of dip \$9.49, 300 Cals

Plant-based lightlife burger – Everything you crave from a traditional burger in a plant-based alternative! \$8.99, 530 Cals

Jalapeno popper grilled cheese – jalapenos, cream cheese, sour cream, jalapeno Monterey Jack cheese & corn chips between 2 slices of garlic panini bread \$9.29, 720 Cals

Grilled cheese – cheesy cheddar cheese between 2 slices of Texas toast \$5.79, 470 Cals

BLT sandwich – bacon, lettuce, tomato & mayo on Texas toast \$7.59, 380 Cals

Veggie Bagel Supreme – hummus, cucumbers, onion & peppers on a bagel \$5.99, 470 Cals

Guac toast – tasty guac on your choice of bread \$3.79, 440 Cals

GLT sandwich – guacamole, lettuce & tomato on your choice of bread \$5.99, 390 Cals

Toasted bagel – with butter \$2.49, 350 Cals

with cheese or cream cheese \$3.49, 370 Cals

+ daily lunch & dinner homestyle meals

Make it a combo – combo with a dole juice, 500ml milk, 591ml pop, 473ml bubly or montellier slim water and fries or a side salad Add \$4.99, 120-650 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.




CHEF'S TABLE

WORLD FLAVOURS

MAKE IT A COMBO

Combo with a dole juice, 500ml milk, 591ml pop, 473ml bubbly or montellier slim water and fries or a side salad

Add \$4.99 (120 - 650 Cals)

		Cals
CHICKEN TWISTER WRAP A campus favourite! Tender chicken fingers, crispy bacon, lettuce, tomato & mayo on your choice of wrap	\$10.49	710
LOVE ME TENDERS (3) 3 seasoned, breaded chicken fingers with your choice of dip	\$9.49	300
PLANT-BASED LIGHTLIFE BURGER  Everything you crave from a traditional burger in a plant-based alternative!	\$8.99	530
JALAPENO POPPER GRILLED CHEESE  Jalapenos, cream cheese, sour cream, jalapeno Monterey Jack cheese & corn chips between 2 slices of garlic panini bread	\$9.29	720
GRILLED CHEESE  Cheesy cheddar cheese between 2 slices of Texas toast	\$5.79	470





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Combo with a dole juice, 500ml milk, 591ml pop, 473ml bubbly or montellier slim water and fries or a side salad

Add \$4.99 (120 - 650 Cals)

		Cals
BLT SANDWICH		
Bacon, lettuce, tomato & mayo on Texas toast	\$7.59	380
VEGGIE BAGEL SUPREME 		
Hummus, cucumbers, onion & peppers on a bagel	\$5.99	470
GUAC TOAST 		
Tasty guac on your choice of bread	\$3.79	440
GLT SANDWICH 		
Guacamole, lettuce & tomato on your choice of bread	\$5.99	390
TOASTED BAGEL		
With butter 	\$2.49	350
With cheese or cream cheese	\$3.49	370