

SILAS COVE

BEACH BAR

MONDAY

BLT Wrap Roll bacon, sliced tomatoes, lettuce and ranch dressing in a spinach tortilla, and cut crosswise.

TUESDAY

Layer sliced deli chicken, swiss cheese and pesto on a spinach tortilla. Roll up, and cut crosswise into slices.

WEDNESDAY

Cover flatbread or 2 slices of toasted sourdough bread with edamame hummus. Top with sliced red peppers.

THURSDAY

Tea Sandwiches Spread cranberry sauce on cinnamon bread.
Top with Brie.

FRIDAY

Fill a pita with deli turkey, strawberry cream cheese and baby spinach.



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SATURDAY

Rustic pizza with all your favourite toppings.

SUNDAY

Roast Chicken with all the trimmings, seasonal veg and gravy.

