# **BREAKFAST**

## BISCUITS VEG

fluffy homemade biscuits with your choice of fruit jam, mascarpone, and/or salted honey

## CHOCOLATE CROISSANTS VEG

two freshly risen flaky croissants, filled with milk chocolate

## CREPES VEG

homemade crepes with your choice of fruit, whipped cream, and/or maple syrup

## DUTCH BABY PANCAKE VEG

like a crepe, but oven-baked and without baking powder

## EGGS WITH BACON CAN BE MADE VEG.

two eggs your way (sunny side up, scrambled, or over easy). served with thick cut bacon

#### FRUIT BOWL v

a selection of seasonal fruits (strawberries, blueberries, and raspberries)

OTHER FRUITS AVAILABLE BY SPECIAL REQUEST.

## WAFFLES VEG

homemade dough cooked in a waffle iron

BELGIAN WAFFLES OR POKEBALL-SHAPED WAFFLES AVAILABLE BY SPECIAL REQUEST

DF = Dairy-free, GF = Gluten-free, SF = Soy-free VEG = Vegetarian, v = Vegan



# LUNCH

## GRILLED CHEESE VEG

choice of American, Cheddar or Swiss cheese. served on sourdough bread with a side of tomato soup

## SANDWICHES CAN BE MADE GF / SF/VEG / V

make your own. let us know which meats, breads, cheeses, and veggies you would like ahead of time

## SWEET CHILI CHICKEN WRAPS SE

wraps filled with chicken breast, mayo, sweet chili sauce, cabbage, carrots, and peanuts (optional). served with a side salad of mango, cabbage, carrots, and sesame dressing. lunch or dinner portions

# **SALADS**

## CAPRESE GF/SF/VEG

tomatoes, mozzarella, and fresh basil topped with balsamic glaze. lunch or side portions

#### CANADIAN VEG

cucumbers, tomatoes, and feta topped with maple syrup. side portions

#### CURRIED CHICKEN & APPLE GE/SE

curried chicken, golden raisins, spinach, and apple slices with a creamy Dijon mustard dressing and topped almonds (optional). dinner portions

# SOUP

## CHICKEN NOODLE SOUP

homemade take on the classic. chicken breast, carrots, celery, onion, and dill weed. recipe from Grandma Pasca. dinner portions

## **CHICKEN & SWEET POTATO**

SOUP SF / CAN BE MADE GF

chicken sausage, sweet potatoes, kale, and a side of herb butter toast. dinner portions

# DINNER

#### APPLE DIJON PORK SE

pork with apple and Dijon pan sauce. served over farro and wilted kale

#### **BFFF STFW**

beef chunks with a hearty broth, chocolate, Guinness, and various vegetables

#### CHICKEN POT PIE

chicken, carrots, potatoes, peas, creamy soup, and evaporated milk in a flaky pie crust

#### CHILL GE / SE / VEG / CAN BE MADE V

multiple types of beans cooked with mirepoix and V8. served with cheese and a dallop of sour cream

## COCONUT CURRY GE/SE/VEG

a mild coconut curry with chickpeas and topped with yogurt. served over rice

## CURRY-SPICED CHICKPEA BOWLS GF/

SF / VEG

chickpeas spiced with curry. Served in a bowl with roasted veggies, cucumber raita, and garlic rice

# FAJITAS CAN BE MADE GF/SF/VEG/V

make your own with flour tortillas, marinated chicken, onions, peppers, lettuce, tomatoes, cheese, and salsa

## FIRECRACKER MEATBALLS

soy sauce-glazed meatballs served over rice with a side of roasted green beans and topped with a honey sriracha sauce. Jenny-tolerable levels of spiciness

#### LONDON BROIL

flank beef seasoned and broiled. served with béarnaise sauce on the side

## MAC & CHEESE VEG

pasta cooked with smoked gouda, English cheddar, and parmesan. side or dinner portions

#### NO NAME

homemade mapo-style tofu, mixed with ground beef and served over rice

## RED COOKED CHICKEN DE

chicken drumsticks boiled with shallots, chicken broth, and soy seasoning. served on top of rice

# ROASTED GARLIC ZUCCINI FLATBREAD SF/VEG

flatbread with roasted garlic and zucchini and topped with white sauce, mozzarella, and grape tomatoes