



"simple pleasures to nurture the soul"



Sandwiches

Any sandwich can be made on focaccia or ciabatta for an extra .99 cents

Gluten Free Bread is available for \$1.99 extra

Grilled Cheese Panini - \$4.99

Your choice of whole grain or white texas toast with cheddar cheese, grilled to perfection.

Ham & Swiss Panini - \$6.99

Your choice of whole grain or white bread layered with black forest ham, swiss cheese, red onion and tomatoes.

Turkey, Gouda & Green Apple Paninii - \$7.99

Layers of smoked deli turkey breast, Gouda cheese, slices of green apple & cranberry mayonaise on a fresh ciabatta bun.

The Reuben - \$7.99

Sliced Corned Beef, Sauerkraut & Swiss Cheese on Rye...grilled on our panini press.

Roasted Vegetable & Feta Panini or Wrap - \$7.99

Roasted red & green peppers, onions, mushrooms and garlic topped with feta cheese and served on olive and feta focaccia bread. Black olives are free for the asking.

Chicken, Cheddar & Bacon Panini \$6.99

Your choice of whole grain, rye or white bread layered with oven roasted deli chicken breast, cheddar cheese, bacon, tomatoes & red onion.

We can make your sandwich on a fresh ciabatta bun for 50 cents more.

Bacon, Lettuce & Tomato - \$5.99

A classic favourite... served on your choice of bread, plain or toasted.

Tuna Salad - \$6.99

White tuna, light mayo, lettuce and chopped celery on your choice of bread, plain or toasted.

Chicken Caesar Wrap - \$6.99

Grilled chicken breast, bacon, cheddar cheese with our signature caesar salad, served grilled or cold.

Chicken Pesto Panini \$7.99

Grilled chicken breast, feta cheese, tomato and basil pesto grilled on a ciabatta bun.

Add a side broccoli & cheddar soup or soup of the day or garden salad to your sandwich for \$4.99

Add a side caesar, greek or raisin & almond salad to your sandwich for \$5.99



Soups & Breads

Broccoli & Cheddar Soup or Soup Of The Day (ask your server)

Full Size - \$6.99 Half Size - \$3.99

Toasted Ciabatta Bun .99 cents



Salads



Garden Salad – Full Size \$7.99...Half Size \$4.99

Fresh iceberg lettuce with a touch of red cabbage topped with peppers, red onion, tomato and cucumber and your choice of ranch, french, Italian, 1000 island, blue cheese or raspberry vinaigrette dressing.

Cobb Salad - \$12.99

Fresh iceberg lettuce, peppers, red onion, tomato, cucumber, chicken breast, cheddar cheese, bacon and boiled egg with your choice of ranch, french, Italian, 1000 island, blue cheese or raspberry vinaigrette dressing.

Caesar Salad – Full Size \$8.99...1/2 Size \$5.99

Romaine lettuce, parmesan cheese, bacon and seasoned croutons tossed in our own homemade Caesar dressing...garlic lovers rejoice! Add grilled chicken for \$3.00
*our dressing is made daily with fresh eggs (alternative *Renee's* dressing)

Greek Salad – Full Size \$8.99...Half Size \$5.99

Iceberg lettuce, tomato, peppers, red onion, feta cheese, cucumber and black olives tossed in a greek & feta dressing.

Craisin & Almond Salad - Full Size \$8.99...Half Size \$5.99

A blend of iceberg and romaine lettuce with raisins, mushrooms, cucumber and toasted almonds served with a raspberry vinaigrette.

Tuna Salad – Serenity Style \$10.99

A bed of iceberg lettuce, tomatoes, red onions and cucumbers served with tuna salad (tuna, light mayo and celery) and your choice of salad dressing on the side.

Mini Desserts



Apple Crisp – - \$2.99

Hot fudge brownie sundae- \$2.99

Carrot Cake – made fresh daily with walnuts & cream cheese icing - \$2.99

(add vanilla ice cream to your dessert for .75 cents)

