

New Lunch Value Menu

MONDAY TO FRIDAY FROM 11 AM TO 3 PM

Includes a choice of hearty chicken noodle soup or soup of the day or beverage*



• **HOT CHICKEN SANDWICH | 12¾**

• The best anywhere, smothered with brown gravy, green peas,
• trans fat free fries

• **white meat +1¾**

• **CHICKEN SOUVLAKI ON PITA | 13¼**

• Tender cubed breast of chicken grilled to perfection,
• served open face on pita bread with diced tomatoes,
• thinly sliced Spanish onions, Tzatziki, trans fat free fries

• **VEGETARIAN MUSAKA | 9½**

• This middle eastern dish features sautéed eggplant, diced
• tomatoes, green and red peppers, onions, chick peas mixed with
• tomato sauce, served with cumin rice, warm pita bread

• **BBQ CHICKEN SANDWICH | 13¼**

• Rotisserie chicken, gently seasoned with barbeque sauce,
• served on a toasted brioche bun, trans fat free fries

• **white meat +1¾**

• **SPINACH AND AVOCADO SALAD | 10½**

• Slices of avocado, julienned red pepper, cucumber, red onions,
• carrots, on a bed of spinach, tossed in an extra virgin olive oil
• vinaigrette, served with baguette slice

• **with skinless rotisserie chicken breast +7**

• **TOASTED WESTERN SANDWICH AND SOUP | 11½**

• **CALIFORNIA COBB SALAD | 11½**

• A bed of garden fresh greens, spinach, crisp bacon, diced tomato,
• farm fresh egg quarters, avocado, corn, carrots, crumbled blue
• cheese or shredded Monterey Jack cheese, blue cheese dressing
• on the side

• **with skinless rotisserie chicken breast +7**

• **CHICKEN BURGER | 12¾**

• Hand crafted, ground, grilled, served on a toasted brioche bun
• with lettuce, tomato, onion rings, Strub's pickle garnish,
• all the fixings, trans fat free fries

• **REAL JERK CHICKEN | 14¾**

• Chicken marinated, then slowly cooked and grill finished,
• served with vegetables, seasoned black eye peas and rice

• **BOMBAY CURRY CHICKEN | 14¾**

• Tender chunks of boneless chicken in a spicy curry sauce with
• potatoes, onions, julienned sweet pepper served over a bed
• of savoury best quality basmati rice and Naan bread

• **CRUNCHY CHICKEN FINGERS (2) | 11¼**

• Chicken breast tenders, rolled in a unique, awesome breading,
• cooked until crispy on the outside, juicy on the inside,
• served with plum, honey-mustard, very hot sauce or ranch
• dressing, and trans fat free fries

• **NEW MEXICO CHICKEN WRAP | 14¾**

• Rotisserie chicken chunks, chipotle dressing, sundried and
• fresh tomatoes, romaine lettuce, Monterey Jack cheese on a
• grilled tortilla, trans fat free fries

• **SOUP, SALAD AND GARLIC BREAD | 9¼**

• Chicken noodle or soup of the day, garden or Caesar salad,
• with lunch sized garlic bread

• **QUARTER CHICKEN BREAST DINNER | 13¾**

• With trans fat free fries

• **POUTINE | 10½**

• Cheese curds, Q poutine sauce over trans fat free fries

Most dishes above include coleslaw, bread and dipping sauce. *Coffee, tea selection or fountain drink.

without meat