



EAT IN / TAKE OUT MENU

Coming in for a class?
Call ahead and we'll have a
custom lunch ready for take-out
when you're done.

SANDWICHES

Crafted on thick-sliced breads, featuring roasts cooked and carved on-site daily.
Ask for daily specials or select from:

- *Roast Beef*
 - *B.L.T.*
 - *Tuna*
 - *Egg*
- *Southern Chicken Crunch*
- *Turkey with tangy cranberry sauce*
 - *Ham & Cheese*
- *Veggie Deluxe (plus tahini, hummus, baba ganoush)*

FRITTATA

A filling egg, cheese and veggie bake – like a quiche, but without the pie shell base.
Great with a side salad for lunch, or on toast as a satisfying breakfast sandwich, like a Western.

PIZZA

Hand-made with a thin crust, homemade sauce, genuine extra virgin olive oil
and all the freshest toppings daily. A variety available daily, including:

- *Pepperoni*
- *3 Cheese*
- *Vegetarian with Feta*
- *Tex-Mex*

SPECIALS

Hot and cold, and are changed daily. Previous offerings have included:

- *Lasagne (Cheesy Vegetarian or Meat)*
- *Hearty Chili, Homemade Soups and Stews*
 - *Mediterranean Pasta Salad*
 - *Steak Philly hot sandwiches*
- *Smoked Salmon on Mixed Greens with tangy dressing*

REFRESHMENTS

Match every mood of the day, from herbal tea to cappuccino (yes, we have decaf too),
local Kawartha Dairy milks to blended protein and fruit smoothies.

SWEET TREATS

Made from scratch in the bake oven daily:

- *Cookies & Muffins*
- *Cinnamon Rolls*
- *Coffee Cake / Crumbles*
 - *Brownies*