

MONDAY

Yolk & Folk: chocolate chip pancake with a side of bacon or sausage	\$4.99
Soup Bowl: chicken noodle soup	\$3.48
Main Dish: chicken teriyaki bowl – chicken teriyaki, Jasmine rice, carrot, edamame and red cabbage	\$8.00
Char House: garden salsa turkey burger – lettuce, tomato and salsa served with French fries	\$7.01
Heritage Deli: roasted turkey with Swiss cheese, lettuce and cranberry chutney spread	\$5.51
Salad Studio: orange citrus salad – mixed green, oranges, tomato, red onions and roasted chicken breast	\$7.01
Panini: ham and cheese panini with arugula, tomato and spicy brown mustard dressing	\$8.00
Panini: crispy tofu panini with American cheese, spinach and chipotle mayo	\$8.00

TUESDAY

Yolk & Folk: avocado on toast with a fried egg and turkey bacon	\$4.99
Soup Bowl: tomato basil soup	\$3.48
Main Dish: classic mac n cheese with sweet and sour popcorn chicken and roasted vegetables	\$8.00
Char House: hot honey chicken sandwich – lettuce, tomato and onion served with French fries	\$7.01
Heritage Deli: roasted turkey with Swiss cheese, lettuce and cranberry chutney spread	\$5.51
Salad Studio: orange citrus salad – mixed green, oranges, tomato, red onions and roasted chicken breast	\$7.01
Panini: ham and cheese panini with arugula, tomato and spicy brown mustard dressing	\$8.00
Panini: crispy tofu panini with American cheese, spinach and chipotle mayo	\$8.00

WEDNESDAY

Yolk & Folk: candied bacon, egg and cheese on a croissant	\$4.99
Soup Bowl: Italian wedding soup	\$3.48
Main Dish: chicken broccoli Alfredo served with garlic bread	\$8.00
Char House: mix vegetable burger – lettuce, tomato and onion served with sweet fries (v)	\$7.01
Heritage Deli: roasted turkey with Swiss cheese, lettuce and cranberry chutney spread	\$5.51
Salad Studio: orange citrus salad – mixed green, oranges, tomato, red onions and roasted chicken breast	\$7.01
Panini: ham and cheese panini with arugula, tomato and spicy brown mustard dressing	\$8.00
Panini: crispy tofu panini with American cheese, spinach and chipotle mayo	\$8.00

THURSDAY

Yolk & Folk: classic French toast with pecan crumble and sausage	\$4.99
Soup Bowl: chicken lemon orzo soup	\$3.48
Main Dish: garlic butter shrimp with cilantro lime rice and roasted root vegetables	\$8.00
Char House: Caribbean jerk chicken sandwich with lettuce, tomato and onion served with French fries	\$7.01
Heritage Deli: roasted turkey with Swiss cheese, lettuce and cranberry chutney spread	\$5.51
Salad Studio: orange citrus salad – mixed green, oranges, tomato, red onions and roasted chicken breast	\$7.01
Panini: ham and cheese panini with arugula, tomato and spicy brown mustard dressing	\$8.00
Panini: crispy tofu panini with American cheese, spinach and chipotle mayo	\$8.00

FRIDAY

Yolk & Folk: breakfast burrito – bacon, scrambled eggs, onion, peppers and cheddar cheese	\$4.99
Soup Bowl: tomato basil soup	\$3.48
Char House: double cheeseburger with lettuce, tomato and onion served with French fries	\$7.01
Heritage Deli: roasted turkey with Swiss cheese, lettuce and cranberry chutney spread	\$5.51
Salad Studio: orange citrus salad – mixed green, oranges, tomato, red onions and roasted chicken breast	\$7.01
Panini: ham and cheese panini with arugula, tomato and spicy brown mustard dressing	\$8.00
Panini: crispy tofu panini with American cheese, spinach and chipotle mayo	\$8.00