

## Breakfast

(served until 11am weekdays, 12pm on weekends)



Yogurt Parfait	\$7.50
Hot Oatmeal -with toast	\$7.95
1/2 order Hot Oatmeal-with toast	\$6.95
Bagel	\$3.50
Bagel with Cream Cheese	\$4.50
Fresh Fruit Salad	\$6.95
<b>Sweet Stack</b> (3 pancakes) with Strawberries and whip	\$10.95
<b>"Sweet Stack"</b> 3 Pancakes	\$8.95
<b>Eggs Benny</b> - 2 Poached eggs with back bacon, hollandaise, and hashbrowns.	\$13.95
2 Eggs with toast and hash browns.	\$8.95
2 Eggs, hash, toast with meat (ham, back bacon, or sausage)	\$11.95
<b>"Morning Glory"</b> - English Muffin with egg, back bacon, tomato and cheese.	\$5.95
<b>"Sombbrero" Breakfast Wrap</b> - Egg, hash browns, back bacon, cheese, salsa and sour cream.	\$9.95

## Lunch

**Sandwiches-** served with Organic Greens

<b>Roast Beef</b> - Oven roasted Beef, Tomato, onions, alfalfa sprouts, horseradish mayo.	\$13.95
<b>Roast Chicken</b> - Oven roasted Chicken, lettuce, tomato, caramelized onion, green chili mayo.	\$12.95
<b>Egg Salad</b> - Egg salad, alfalfa sprouts, tomato, curried mayo.	\$10.95
<b>BLT</b> - Canadian back bacon, lettuce, tomato, cilantro mayo.	\$12.95
<b>Tunasabi</b> - Tuna salad, red onion, alfalfa sprouts, wasabi mayo.	\$10.95
<b>Reuben</b> - Smoked pastrami, sauerkraut, jarlsberg cheese, russian dressing.	\$12.95
<b>Clubhouse</b> - Oven roasted Chicken, prosciutto, cheddar, tomato, lettuce, cilantro mayo.	\$13.95
<b>Kids Grilled Cheese</b> - Cheddar only.	\$7.95
<b>Kids Cheese Quesadilla</b> - Cheddar/Mozza	\$7.50
<b>Veggie</b> - Herbed cream cheese, sprouts, guacamole, cucumber, tomato, onion,	\$10.95
<b>Grilled 3 cheese</b> - Cheddar, jarlsberg, and feta, tomato, caramelized onion, served with a dill pickle.	\$12.95
<b>Beef Dip</b> - Oven roasted beef, horseradish mayo, red onions, with house salad.	\$14.95
<b>Shrimp and Cream cheese</b> - Shrimp, herbed cream cheese, onion, sprouts, guacamole, tomato.	\$12.95



**Wraps-** Served with veggie sticks

<b>Santa Fe</b> - Chicken, black beans, hummus, brown rice, onions, peppers, cilantro mayo, and cheddar cheese.	\$12.95
<b>Thai noodle</b> - Chicken, curried noodles, brown rice, carrot, bean sprouts, peanut mayo, sweet chilli sauce.	\$12.95
<b>Fresno Wrap</b> - Chicken or Shrimp, mozza, tomato, guacamole, organic greens, and corn salsa.	\$ 12.95 \$ 13.95
<b>Veggie</b> - Brown rice, peppers, carrot, onion, tomato, cucumber, sprouts, feta cheese, and cilantro mayo.	\$10.95
<b>Chicken Caesar Wrap</b> - Roasted chicken, romaine, parmesan, and Caesar dressing	\$12.95
<b>Chicken Pesto Quesadilla</b> - Chicken, cheddar, mozza, raisins, peppers and pesto, with pineapple chutney	\$12.95
<b>Soups</b> 2 homemade soups daily. Served with your choice of whole wheat or white homemade roll.	Cup Bowl \$ 5.95 \$ 7.95
<b>Salads</b>	small large
House salad	\$5.95 \$9.95
Caesar salad	\$5.95 \$10.95
<b>Southwest Chicken Salad</b> - Chicken, cheddar cheese, black beans, tomato, onion, corn and tortillas on organic greens.	\$13.95
<b>Chicken Caesar Salad</b> - Fresh roasted chicken, romaine, grated parmassan, and caesar dressing.	\$13.95
<b>Island Salad</b> - Organic greens, carrot, walnuts, raisins, feta cheese, peppers, mandarine orange, and poppy seed dressing.	\$12.95

In the Beantime Cafe

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