



## Fit To Eat Sandwiches

*Made on an assortment of whole grain breads, wraps, buns and pitas.*

*A La Carte \$7.95 per sandwich. Gluten Free options are available at an additional cost (\$2/sandwich).*

*Our roast turkey and ham cold cuts are gluten free and nitrate free.*

*Items marked with \* are subject to a \$0.50 surcharge per portion*

### EGG | DAIRY | VEGETARIAN

#### **Brie and Cranberry**

brie, cranberry chutney, cucumber, mayonnaise, sprouts

#### **Caprese \***

tomatoes, basil pesto mayo, mozzarella

#### **Egg Salad**

eggs, celery, mayonnaise (or add curry)

#### **Grilled Vegetables and Cheese \***

zucchini, peppers, onions, eggplant, basil pesto mayo (contains pine nuts), balsamic, provolone

### VEGAN

#### **Falafel and Hummus**

chickpea falafel, cucumbers, hummus, tahini, lettuce, tomato

#### **Green Goddess**

cucumbers, avocado, spinach, sprouts, vegan lemon aioli

#### **Vegan Grilled Vegetable \***

zucchini, peppers, onions, eggplant, sundried tomatoes, hummus

#### **Smashed Buffalo Chickpea**

chickpeas, Frank's Red-Hot buffalo sauce, vegan mayo, carrots, celery

#### **Tex Mex Quinoa**

quinoa, guacamole, corn, black beans, edamame, tomato salsa

### POULTRY

#### **Basil Pesto Chicken**

chicken salad, celery, lettuce, sundried tomatoes, mayonnaise, basil pesto (contains pine nuts)

#### **Buffalo Chicken**

chicken salad, carrots, celery, Frank's Red-Hot buffalo sauce, mayonnaise

#### **Chicken Caesar \***

chicken, lettuce, mozzarella, bacon, Caesar dressing

#### **Classic Chicken Salad**

chicken salad, carrots, celery, mayonnaise

#### **Cranberry Turkey \***

roast turkey, cranberry chutney, brie, mayonnaise

#### **Mild Jerk Chicken \***

coleslaw, pineapple chutney, ranch mayonnaise

#### **Roasted Turkey**

goat cheese, roasted red pepper, mayonnaise

#### **Tarragon Chicken**

chicken salad, celery, tarragon, mayonnaise

#### **Turkey Club \***

roast turkey, bacon, lettuce, tomato, avocado cream, mayonnaise

### POULTRY, Continued

#### **Tuscan Turkey \***

roast turkey, basil pesto, mayonnaise, sundried tomatoes, provolone cheese

#### **Waldorf Chicken \***

chicken salad, walnuts, grapes, apple, poppy seeds, mayonnaise, ranch

### FISH | SEAFOOD

#### **Italian Tuna Salad**

celery, green onions, olive oil, lemon and red wine vinaigrette

#### **Matane Shrimp Salad \*\***

lettuce, chipotle mayonnaise and avocado cream

#### **Salmon Salad \***

lemon, celery, mayonnaise, dill

#### **Smoked Salmon \***

smoked salmon, red onion, cucumber, caper-dill cream cheese

### BEEF

#### **Roast Beef \***

swiss cheese, horseradish mayo

### PORK

#### **Ham and Cheese**

black forest ham, mustard, lettuce, cheddar or swiss cheese, tomato