



Fit To Eat Sandwiches

Made on an assortment of whole grain breads, wraps, buns, croissants and bagels
A La Carte \$5.95-\$7.95 per sandwich. Gluten free options are available at an additional cost (\$2.50/sandwich).

CHICKEN

Basil Pesto Chicken

chicken salad, celery, lettuce, mayonnaise, basil pesto

BBQ Chicken DF

bbq chicken breast, spiced havarti cheese and pickles

Buffalo Chicken (Dairy Free)

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

Chicken Brie

grilled chicken, brie cheese, roasted pear, caramelized onions, jalapeno aioli

Chicken Club (Dairy Free)

roast chicken, bacon, lettuce, tomato, mayonnaise

Chicken Caesar

grilled chicken, lettuce, mozzarella, bacon, Caesar Parmesan dressing

Classic Chicken Salad (Dairy Free)

chicken salad, carrots, celery, mayonnaise, lettuce

FISH | SEAFOOD

Tuna Salad (Dairy Free)

celery, green onions, sweet peppers, mayonnaise, lemon, and lettuce

Salmon Salad (Dairy Free)

lemon, celery, mayonnaise, dill, lettuce

Shrimp Salad (Dairy Free)

Matane shrimp, celery, red onion, garlic mayonnaise

Smoked Salmon

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

BEEF | PORK

Roast Beef

cheese, horseradish mayo, lettuce, tomato, caramelized onions

Ham and Cheese

honey mustard, mayonnaise, lettuce, cheddar, tomato

EGG | DAIRY | VEGETARIAN

Brie and Cranberry

brie, cranberry chutney, cucumber, mayonnaise, sprouts

Caprese

tomatoes, basil pesto mayonnaise, bocconcini cheese, lettuce

Egg Salad (Dairy Free)

eggs, celery, lettuce, green onions, mayonnaise (or add curry)

Grilled Vegetables and Cheese

zucchini, sweet peppers, onions, eggplant, basil pesto mayonnaise, sundried tomatoes, balsamic glaze, goat cheese

VEGAN

Falafel and Hummus

chickpea falafel, cucumbers, hummus, lettuce, tomato
vegan garlic aioli

Green Goddess

cucumbers, avocado, spinach, sprouts, vegan lemon aioli

Vegan Grilled Vegetable

zucchini, peppers, onions, eggplant, sundried tomatoes, vegan balsamic mayonnaise

TURKEY

Cranberry Turkey

roast turkey, cranberry chutney, brie, mayonnaise, lettuce

Mild Jerk Chicken (Dairy Free)

creamy ranch coleslaw, lettuce

Roasted Turkey

goat cheese, roasted red pepper, mayonnaise, lettuce

Tarragon Chicken (Dairy Free)

chicken salad, celery, tarragon, mayonnaise, lettuce

Tuscan Turkey

roast turkey, basil pesto, mayonnaise, sundried tomatoes, provolone cheese, spinach, lettuce, roasted red peppers