APPETIZERS

BUFFALO CHICKEN EGG ROLLS 6.5
Stuffed with our buffalo chicken blend and lots of cheddar cheese, served with house made blue cheese dressing

CHICKEN TENDERS 6.5
Four breaded chicken tenders. Choose plain, buffalo, or maple BBQ!

GRILLE FRIES 11
Hand cut fries, topped with chicken tenders, bacon bits, BBQ, and cheddar cheese.

HUMMUS PLATE 5
House made hummus surrounded by a selection of veggies.

MOZZARELLA STICKS 6
Served with our house made marinara sauce.

POUTINE 6.5
Hand cut fries topped with gravy and cheese.

VEGAN “CHICKEN” BITES 6.5
Choose plain, buffalo, or maple BBQ. Add fries to make it a meal.

SALADS

BREAD LOAF 10
Mixed greens topped with grilled chicken breast, candied walnuts, dried craisins, blue cheese crumbles & maple balsamic dressing.

BUFFALO CHICKEN SALAD 10
Our garden salad topped with buffalo tenders.

CHEF 10
Our garden salad topped with turkey, salami, and cheese.

CLASSIC CAESAR 8
Chopped romaine, shaved parmesan, croutons tossed in house made Caesar dressing.

CHICKEN CAESAR 10
Our classic Caesar salad topped with grilled marinated chicken breast.

GARDEN SALAD 8
Mixed greens, cherry tomato, cucumbers, red onion, and carrots.

GLAZED MAPLE TOFU SALAD 10
Mixed greens topped with maple glazed tofu, pickled red onions, and candied walnuts.
COLD SANDWICHES

BLT 5
Bacon, lettuce, tomato, mayo.

CLASSIC CLUB 6.5
Turkey, bacon, lettuce, tomato, and mayo.

CURRIED CHICKEN SALAD WRAP 6.5
Diced chicken, craisins, celery, and mayo.

LOVE ME TENDER WRAP 8.5
Chicken tenders, lettuce, tomato, and ranch dressing.

GLAZED MAPLE TOFU 8.5
With greens, tomatoes, and crisp onions on toasted focaccia.

HOT SANDWICHES

BUFFALO CHICKEN 9.5
Buffalo chicken topped with our house made blue cheese dressing, lettuce, and tomato on a sub roll.

VEGETARIAN BUFFALO 9.5
Diced “chicken” wings topped with buffalo sauce, lettuce, tomato, and our house made blue cheese dressing on a sub roll.

CHICKEN PARMESAN 9.5
Chicken tenders topped with house marinara sauce and mozzarella cheese on a sub roll.

GRILLED CHEESE 5
just like mom makes. What more do we need to say?

DR. FEEL GOOD 6
A grilled cheese topped with chicken tenders.

EVEN STEVEN 7
A grilled cheese topped with two fried eggs. Add tomato, bacon, or sausage $.

NURSE FEEL GOOD 8
Your choice of protein between a grilled cheese!

B U R G E R S

ALL BURGERS SERVED ON A BRIOCHE BUN WITH LETTUCE AND TOMATO. SERVED WITH POTATO CHIPS. ADD FRIES $.

PLEASE SELECT YOUR PROTEIN CHOICE - BEEF, CHICKEN, OR IMPOSSIBLE MEAT.

CLASSIC BURGER 8.5
Choice of protein with or without cheese.

BACON & BLEU BURGER 9.5
With bacon and blue cheese crumbles

JALAPENO CHEDDAR 9.5
With cheddar cheese, pickled jalapeños, and chipotle mayo.

MAPLE BBQ BURGER 9.5
With cheddar cheese, crispy fried onions, and maple BBQ sauce.

POUTINE BURGER 9.5
With cheddar, fries, and gravy.

HOURS OF OPERATION

Lunch is served Monday-Friday 11:30am-2pm
Dinner is served Wednesday-Sunday 6pm to Midnight
*Hours subject to change when classes are not in session.