

MAKE THE CHOICE THAT'S RIGHT FOR YOU.












 EAT WELL

 LOCALLY SOURCED

 VEGETARIAN

 VEGAN

 PLANT-CENTRIC

LUNCH	MONDAY 1/20	TUESDAY 1/21	WEDNESDAY 1/22	THURSDAY 1/23	FRIDAY 1/24
KETTLE SOUP \$3.50	CLOSED in Observance of Martin Luther King Jr Day	Vegetable Beef	Tomato Soup 	Creamy Chicken & Rice	Parents Grill!!!
SANDWICHES \$7.50		Chicken Caesar Salad Wrap	Corned Beef on Rye with Cheddar Cheese	Turkey, Bacon, Lettuce & Tomato	
GLOBAL FLAVOUR \$8.95/\$7.95	CLOSED in Observance of Martin Luther King Jr Day	Beef Meatloaf with Spicy Sweet Tomato Glaze Butternut Squash Mac N' Cheese 	General Tso's Chicken Stir Fry General Tso's Roasted Cauliflower 	Chicken Marsala Vegan Chicken Marsala 	Parents Grill!!!
SIDES \$1.95		Cinnamon Glazed Baby Carrots  Warm Street Corn Salad 	Soy Roasted Broccoli  Steamed Jasmine Rice 	Spaghetti Parmesan  Roasted Green Beans 	
ACTION \$9.95	CLOSED in Observance of Martin Luther King Jr Day		Italian Pasta Toss Your Choice of Meatballs or Chicken, Sauces & Assorted Toppings over Pasta		Parents Grill!!!
URBAN EATS \$7.95		WINGS Buffalo or Teriyaki Chicken Wings with Ranch Dressing & Baked French Fries	WINGS Buffalo or Teriyaki Chicken Wings with Ranch Dressing & Baked French Fries	WINGS Buffalo or Teriyaki Chicken Wings with Ranch Dressing & Baked French Fries	
CITY GRILL \$6.95 PIZZA VILLAGGIO \$4.95	CLOSED in Observance of Martin Luther King Jr Day	Kickin' Chicken: Honey Butter Chicken 'Which Pepperoni Pizza	Kickin' Chicken: Chicken Parm 'Which Bianca Spinach Pizza 	Kickin' Chicken: Classic Buffalo Chicken 'Which Hawaiian Pizza	Parents Grill!!!

Always Available for Mornings:

Fruit Cups and Parfaits, Seasonal Whole Fresh Fruit, Pastries and Hot Breakfast sandwiches

For Lunch

Salad Bar featuring Local Produce, Proteins, and Composed Salads,