

<b>BREAKFAST</b>	
Ham and Cheese breakfast Bagel	\$5.75
Hash browns	\$4.00
Tater tots	\$4.00
Breakfast special (plated)	\$6.00
Breakfast burrito	\$5.00
Breakfast sandwich (various)	\$3.75
Pancakes/French toast	\$4.00
<b>SNACK ITEMS</b>	
Veggie cup	\$4.00
Fruit Cup	\$4.00
Pizza bagel	\$3.00
Pizza pretzel	\$2.75
Bagel with cream cheese	\$2.75
Cinnamon bun	\$2.50
Ice cream sandwich	\$2.50
Chapman's ice cream	\$2.25
Frozen yogurt	\$2.50
Waffle	\$2.50
Overnight oats	\$4.00
Breakfast pastries (scones/strudel/donut)	\$2.25
Muffins	\$2.00
Cookies	\$1.25
Potato chips (baked)	\$2.00
Smart pop/pretzels	\$2.25
Yogurt cup with granola	\$4.00
Rice Krispie squares	\$2.50
Chocolate croissant	\$2.50
Butter croissant	\$2.25
Gluten Free brownie	\$3.50
Gluten Free muffins	\$2.75
Fruit gummies	\$2.50
Special K cereal	\$1.50
Vegan cake	\$3.00
Whole fruit	\$1.50
Samosa	\$3.75
<b>LUNCH - hot</b>	
Chicken pot pie	\$3.75
Hamburger	\$4.25
Cheeseburger	\$4.75
Bacon cheeseburger	\$5.00
Chicken burger (grilled)	\$4.75
Veggie sensation burger	\$5.00
Hot dog	\$4.00
Small pasta/rice	\$4.00
Large pasta/rice	\$5.00
Perogies	\$4.00
Small soup	\$4.00
Large soup	\$4.75
Gyoza	\$4.50
Poutine	\$6.50
Grilled cheese sandwich	\$4.00
Chicken fingers baked	\$4.50
Pizza slice	\$3.75
Quesadilla - small	\$3.50
Quesadilla - large	\$5.50
Daily special lunch	\$8.00
Specialty pizza	\$5.00
Small stirfry (vegetables)	\$4.50
Large stirfry	\$5.50
Small casserole	\$5.00
Large casserole	\$5.50
<b>LUNCH - cold</b>	
Sushi - Salmon/tuna roll	\$6.00

Sushi - Yam/Avocado/California roll	\$5.50
Sushi - Dynamite roll	\$6.00
Special sandwich	\$5.75
Wraps	\$5.75
Clubhouse BLT sandwich	\$5.75
Freshly made sandwiches - various	\$5.75
<b>SALADS</b>	
Pasta salad - various	\$5.50
Quinoa cup - small	\$4.00
Special salad (various)	\$6.00
Epic buddha Bowl (various)	\$8.00
Small salads (various)	\$5.75
Tomato Bocconcini or Greek salad	\$6.00
<b>BEVERAGES</b>	
Coffee or tea	\$1.50
Hot Chocolate	\$2.50
San Pellegrino (flavoured)	\$2.25
Small juice	\$1.75
Milk carton	\$1.75
Milk carton (chocolate)	\$2.00
Iced tea - can	\$1.50
Spritzer	\$2.00
Snapple	\$3.00
Gatorade	\$3.50
Fruit smoothie (made in-house)	\$4.00
Simply juices	\$3.25
Bubly water	\$1.50
MASH sparkling	\$4.25
Green Tea with Aloe	\$4.25