

ACADEMY

BISTRO



Breakfast

8:00 AM - 11:00 AM

BREAKFAST SANDWICH: \$5

Soft brioche bun, egg, ham and cheddar cheese.

HASHBROWN SKILLET: \$3.50

Potatoes, red peppers and onion (GF, DF)

SMOOTHIES: \$6

Mixed berries, yogurt and orange juice. (GF)

YOGURT PARFAIT: \$4.50

Vanilla yogurt, berry compote and gluten free almond granola. (GF)

BAKERY ITEMS: \$1 - \$4

GF - Gluten Free

DF - Dairy Free

Lunch

12:00 PM - 1:30 PM

BISTRO SANDWICH: \$6.50

In-house made pretzel bun, ham or turkey, lettuce, tomato and pickle.
(GF - available with pre-order)

BURRITO BOWL: \$10

Add chicken for \$2
Rice, corn, bean and tomato salad, sautéed peppers and onions, guacamole, tortilla chips, salsa & sour cream. (GF)

GRILLED CHEESE: \$5

CAESAR SALAD: \$7

ADD CRISPY OR GRILLED CHICKEN FOR \$3
Romaine lettuce, parmesan cheese, croutons and caesar dressing.

HAND ROLL: \$4

Nori wrapped sushi rice, carrots, cucumber, red cabbage and green onion.
Served with sriracha mayo and soya sauce. (GF, DF)

FRENCH FRIES: \$6

VEGETABLE CUP & DIP: \$4 (GF)

VEGETARIAN SPRING ROLLS: \$4

Commencing February 24th, Friday's during Lent will be a full vegetarian menu.

DAILY LUNCH SPECIALS FOUND ON NEXT PAGE

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APRIL LUNCH SPECIALS

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Mac & Cheese \$8.00	4 Mac & Cheese \$8.00	5 Taco Salad \$11.50	6 Taco Salad \$11.50	7 Cafeteria Closed	8
9	10 Cafeteria Closed	11 Hot Dog & Fries \$10.50	12 Hot Dog & Fries \$10.50	13 Vegetable Stir Fry \$10.50	14 Vegetable Stir Fry \$10.50	15
16	17 Mac & Cheese \$8.00	18 Poutine & Drink \$10.50	19 Poutine & Drink \$10.50	20 Chicken Lasagna \$11.50	21 Chicken Lasagna \$11.50	22
23	24 Mac & Cheese \$8.00	25 Spaghetti & Meatballs \$10.50	26 Spaghetti & Meatballs \$10.50	27 Chicken Fingers & Fires \$11.50	28 Chicken Fingers & Fires \$11.50	29
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