

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: \$9

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: \$6.50

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

www.academybistro.ca

ACADEMY

BISTRO



FEBRUARY LUNCH SPECIALS

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Chicken Alfredo \$10.50	2 Cheeseburger & Fries \$10.50	3 Cheeseburger & Fries \$10.50	4
5	6 Mac & Cheese \$8.00	7 Souvlaki & Fries \$10.50	8 Souvlaki & Fries \$10.50	9 Poké Bowl \$10.50	10 Poké Bowl \$10.50	11
12	13 Nachos \$8.00	14 Nachos \$10.50	15 Crispy Udon Noodle \$10.50	16 Crispy Udon Noodle \$10.50	17 Cafeteria Closed	18
19	20 Cafeteria Closed	21 Pancakes Shrove Tuesday \$7.00	22 Grilled Cheese & Tomato Soup \$10.50	23 Vegetable Stir Fry \$10.50	24 Vegetable Stir Fry \$10.50	25
26	27 Chicken Fingers & Fries \$10.50	28 Chicken Fingers & Fries \$10.50				

www.academybistro.ca



academybistro