

# 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

[www.academybistro.ca](http://www.academybistro.ca)

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BISTRO



## MARCH LUNCH SPECIALS

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academybistro

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Pork Pansit & Spring Rolls \$11.50	2 Pork Pansit & Spring Rolls \$11.50	3 Cafeteria Closed	4
5	6 Poutine & Drink \$10.50	7 Poutine & Drink \$10.50	8 Quesidilla & Tortilla Chips \$10.50	9 Quesidilla & Tortilla Chips \$10.50	10 Mac & Cheese \$8.00	11
12	13 Penne Alfredo \$11.50	14 Penne Alfredo \$11.50	15 Bento Box \$11.50	16 Bento Box \$11.50	17 Mac & Cheese \$8.00	18
19	20 Chicken Fingers & Fries \$10.50	21 Chicken Fingers & Fries \$10.50	22 Butter Chicken \$11.50	23 Butter Chicken \$11.50	24 Mac & Cheese \$8.00	25
26	27	28	29	30	31	APR 1
<b>SPRING BREAK</b>						