



Lunch Fresh Sheet Menu

ORDER INFO

Choose your menu items and then phone, fax or email us your order (Contact info at bottom of this page). Refer to the calendar for pick-up or delivery times.

Name _____

Phone _____ Email _____

Pick up Date _____ Time _____

Wraps or Ciabatta Sandwiches

Served with a choice of Chips or a Cookie

- Mediterranean Grilled Chicken \$5.49**
 Bun Wrap
 Grilled Chicken Strips with spinach, olives, red onions, peppers & feta - *Red Pepper Basil Sauce*
- Angus Beef and Cheddar Cheese \$5.49**
 Bun Wrap
 With red onions and tomato - *Horseradish Dijon Sauce*
- Ranchero Smoked Turkey \$5.49**
 Bun Wrap
 With peppers, red onions, mozza cheese, and cilantro - *Ancho Chipotle Sauce*
- Ham and Mozza Cheese \$5.49**
 Bun Wrap
 With lettuce, tomato, mayo and prepared mustard
- Sweet Curry Chicken Salad Wrap \$5.49**
 Bun Wrap
 With red onions, pineapple, peppers and cilantro - *Sweet Curry Sauce*
- Vegetable Ambrosia Wrap \$5.49**
 Bun Wrap
 With peppers, red onions, Feta cheese, portabella mushrooms, and spinach - *Red Pepper Basil sauce*
- Chicken Caesar Wrap \$5.49**
 Bun Wrap
 With chicken strips, romaine, and parmesan - *Caesar Dressing*

Grab and Go! Shaker Salads

- Mediterranean Salad \$3.99**
 A blend of tossed garden greens garnished with long English cucumbers, grape tomatoes, red onion, black olives and Feta cheese
 ___ Hellmann's SD Tomato and Pesto Vinaigrette Dressing
- Classic Caesar Salad \$3.99**
 Diced romaine lettuce garnished with crispy croutons and Parmesan cheese.
 ___ Hellmann's Creamy Caesar Dressing
- Garden Salad \$3.99**
 Chopped romaine with cucumbers, green onion, celery, tomatoes, topped with mozzarella.
 ___ Ranch Dressing
- Chef's Salad \$6.99**
 Chopped romaine with cucumber, turkey, ham, egg and tomato. A meal in itself.
 ___ Ranch Dressing
- Bacon Spinach Salad \$3.99**
 Spinach leaves garnished with sliced egg, pepper, bacon, cucumber, diced tomato, Swiss cheese and red onion.
 ___ Hellmann's SD Tomato and Pesto Vinaigrette Dressing

Note: Add to any Salad only \$2.00

- Add chopped grilled chicken breasts**
- Add Shrimp**

Gourmet Extras

- Soup of the Day – 10 oz bowl with crackers \$4.00**
- Hearty Chilli 10 oz bowl with a corn meal muffin \$5.00**
(when available)
- Homemade Potato or Macaroni Salad \$4.00(1/2 litre) \$6.95(1 litre)**
- Assorted Gourmet Cookies \$1.00 each**
- Assorted Baked Muffins \$1.50 each**
- Cooked single meals to go. just Heat and Serve \$7.95**
 Variety to choose from that's always changing... check out the freezer
- Breakfast on the Run \$2.99**
- Breakfast Quesadilla \$2.99**
- Yogurt Parfait \$1.99**
- Fruit Salad (8 oz.) \$1.99**
- Sliced Peaches \$1.99**
- Beverage**
 ___ Coffee (\$1.50 ea)
 ___ Cold Pop (\$1 ea)
 ___ Bottled Water (\$1 ea)

Check out more options on the a la Carte Menu and/or at www.gourmettakeaway.ca