

starters

soup of the day - see special board	\$7.25
salad rolls	\$7.25
Mel's famous bacon and garlic potato salad	\$7.25
Sirkel hash brown casserole	\$7.25
pickle snacker - ham or summer sausage, tomatoes, cucumbers, cheddar, lettuce with aioli dip on a pickle pita chips with hummus	\$7.25

sandwiches

rainbow-wich

smoked turkey, bacon, pickles, tomatoes, cucumbers, cheddar, lettuce, chipotle mayo on a pretzel bun	\$12.50
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lights on

red peppers, tomatoes, cucumbers, pickles, cheddar, mango mayo, alfalfa sprouts and lettuce	\$12.50
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EGG SALAD SANDWICH

with tomatoes, cucumbers and lettuce	\$12.50
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dream-wich

goat cheese, red pepper jelly, chicken and arugula	\$12.50
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chicken bacon wrap

chicken, bacon, guacamole, tomatoes, cucumbers, ranch dressing and lettuce.	\$12.50
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goat cheese

balsamic red onions, tomatoes and baby spinach	\$12.50
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smoked turkey

smoked turkey, cheddar cheese, mango mayonnaise, tomatoes, cucumbers and lettuce	\$12.50
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old fashioned ham

ham, Swiss, Dijon mayo, pickles, tomatoes, cucumbers and lettuce	\$12.50
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ROAST BEEF

roast beef, Swiss cheese, horseradish mayo, balsamic red onions, tomatoes, cucumbers and lettuce	\$12.50
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hummus

roasted red pepper hummus, feta cheese, tomatoes, cucumbers and alfalfa sprouts	\$12.50
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Big Papa

summer sausage, cheddar cheese, chipotle mayo, pickles, tomatoes, and lettuce	\$12.50
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turkey club

smoked turkey, bacon, chipotle mayo, cheddar, tomatoes, cucumbers and lettuce	\$12.50
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brittlestar

ham, bacon, cheddar, aioli, tomatoes, pickles and lettuce	\$12.50
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Ewen-wich

smoked turkey, bacon, Swiss cheese, sundried tomato mayo, tomatoes, cucumbers and arugula	\$12.50
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pesto chicken

chicken, pesto mayo, Swiss cheese, tomatoes, cucumbers and arugula	\$12.50
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house cured salmon sandwich

house cured salmon, capers dill cream, cucumbers and alfalfa sprouts	\$12.50
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toasted brie and apple

with tomato and lettuce	\$12.50
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mains

Bikini salad

mixed greens, carrots, cucumbers, tomatoes, croutons, feta, chick peas with house vinaigrette	\$15.25
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caesar salad

romaine, bacon, croutons, and Parmesan cheese	\$15.25
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mandarin salad

mixed greens, chicken, mandarins, carrots, cucumbers and candied almonds with our Asian dressing	\$15.25
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beet salad

pickled beets, candied walnuts, feta and house vinaigrette on mixed greens	\$15.25
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cobb salad

chicken, bacon, cheese, cherry tomatoes, hard boiled egg, on mixed greens with BBQ ranch dressing.	\$15.25
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COLD ASIAN NOODLE SALAD

chow mein noodles, chicken, carrots, red and green peppers and broccoli tossed in our peanut sauce topped with peanuts and green onions	\$16.25
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sirkel crepes

stuffed with goat cheese, mushrooms, caramelized onions, roasted red peppers and spinach served with a side house salad	\$16.25
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CHOW

chow mein noodles with carrots, red and green peppers and broccoli in a spicy peanut stir fry sauce topped with peanuts and green onions	\$16.25
add tofu or chicken	+\$3.75

Stir Fry

bok choy, celery, carrots, mushrooms, broccoli, red & green peppers and zucchini on a bed of jasmine rice	\$16.25
add tofu or chicken	+\$3.75

Mac and Cheese

	\$16.25
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Daily 'jacked up' Mac and Cheese

	\$20.00
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Daily pasta - see special board

	\$16.25
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sweets

Butter tarts, Brownies, Date squares, Lemon squares, Hello Dollies, Peanut butter chocolate chip cookies, Oatmeal skor butterscotch chip cookies, Energy Balls, Almond Joy cookies, Daily muffins and scones. Square \$4.50
Muffin/Scone \$3.75 Cookie \$2.75 Ball \$1.50 Tart \$4.50