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2026 Menu





Roast Beef & Cheddar
on Multigrain

SANDWICH WEDGES

Classic Egg Salad on Multigrain **(V)**

Mediterranean Tuna on Wheat

Oven Roast Turkey & Red Pepper

Ham & Swiss Cheese Sandwich

Roast Beef & Cheddar on Multigrain

Chicken Salad

Smoked Turkey Club

Bacon, Lettuce & Tomato

Smoked Turkey & Mozzarella on Ancient Grain

Mediterranean Chickpea Smash **(PB)**

Gluten-Friendly Egg Salad **(GF)** **(V)**

Gluten-Friendly Ham & Swiss Cheese **(GF)**

Not Your Average Turkey

SUBMARINES

7" Pita Pizza Torpedo

8" Assorted Sub

8" Ham, Swiss & Smoked Turkey

8" Super Ham & Cheese Sub

8" Pizza Sub

Italian Deli Ciabatta

Turkey Bacon Club Ciabatta



8" Pizza Sub

Ontario Menu

WRAPS

Buffalo Chicken

Chicken Caesar

Traditional Falafel & Hummus (V)

Chicken Salad & Bacon

Garden Veggie (V)

Roasted Chicken Chipotle

Thai Chicken Spinach

Western Omelet (V)

Western Sausage Omelet

Deluxe Italian

Turkey Club

Roast Beef

Jerk Chicken Wrap

Texas Steak Wrap

Butter Chicken Wrap

Tuna Salad Red Wrap

Veggie Chickpea Smash Wrap (PB)

Caesar Chickpea Smash Wrap (V)

Chorizo and Egg Breakfast Wrap



Thai Chicken Spinach



Chicken and Chorizo Sandwich

SPECIALTY ITEMS

Chicken Burrito

Pulled Beef Burrito

Veggie Burrito (V)

French Toast, Egg, Cheese & Bacon

Small Veggie Burrito 2/Pack (V)

Chicken Parm on a Bun

8" Philly Cheese Steak Sub

New York Deli Sandwich

Chicken and Chorizo Sandwich

Italian Stinger

Fiesta Burrito

The Ultimate Vegetarian Burrito (V)

Roasted Cauliflower Veggie Burrito (PB)

(V) Vegetarian

(GF) Gluten-Friendly

(PB) Plant-Based

Ontario Menu



8" Assorted Sub

CERTIFIED HALAL

Gourmet Egg Salad on Whole Wheat (V)
Breakfast Eng. Muffin, Egg, Macon
Smoked Turkey on Multigrain
Smoked Chicken on Multigrain
Montreal Smoked Turkey
Grilled Chicken on Multigrain
Gourmet Chicken Salad
Buffalo Chicken Wrap
Chicken Caesar Wrap
8" Assorted Sub

BREAKFAST ITEMS

Egg & Cheddar English Muffin
Bacon, Egg & Cheddar English Muffin
Maple Sausage, Egg & Cheddar English Muffin
Sausage, Egg & Cheddar English Muffin
Ham, Egg & Cheddar Bagel
Sausage, Egg & Cheddar Bagel
Cream Cheese Bagel (V)
Cheddar Cheese Bagel (V)



Sausage, Egg & Cheddar Bagel



Cheeseburger

BURGERS & HOT DOGS

Cheeseburger
Whistle Dog

(V) Vegetarian

(GF) Gluten-Friendly

(PB) Plant-Based

Ontario Menu

SALADS & BOWLS

Caesar Salad

Chef Salad

Chicken Caesar Salad

Greek Style Chicken Salad

Quinoa Salad (PB)

Pesto Pasta Salad (V)

Bean Salad (PB)

Thai Mango Salad (PB)

Garden Strawberry Bowl (V)

Chicken Cobb Caesar Bowl

Cilantro Lime Steak Burrito Bowl

Hearty Rice Bowl (PB)

Spicy Thai Noodle Bowl (PB)



Spicy Thai Noodle Bowl



Protein Bistro Box

BISTRO BOXES

Protein Bistro Box

Sweet Treat Bistro Box (V)

Veggie Crudités & Pita Bistro Box (PB)

Veggie Crudités & Pita Bistro Box (PB)

Chicken Salad Wrap Bistro Box

Mediterranean Chicken Bistro Box

Italian Bistro Box

Ham Sub Bistro Box

(V) Vegetarian

(GF) Gluten-Friendly

(PB) Plant-Based



Bacon
Mac N' Cheese

Ontario Menu

ENTREES

Bacon Mac N' Cheese

Mac N' Cheese (V)

Butter Chicken & Rice

Teriyaki Beef on Rice

Roasted Chicken & Rice

Chili in a Bowl

Alberta Menu

SANDWICHES

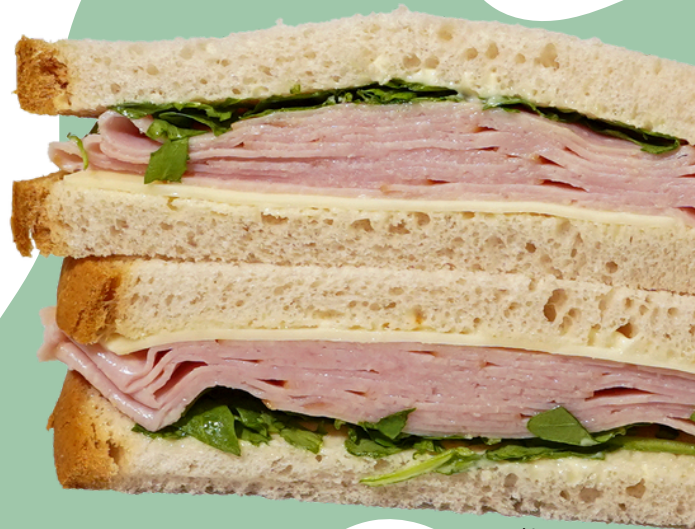
Italian Stallion Sandwich

Ham & Swiss Wedge Sandwich

Egg Salad Wedge Sandwich (V)

Tuna Salad Wedge Sandwich

Roast Beef Wedge Sandwich



Ham & Swiss
Wedge Sandwich



Chicken Caesar Wrap

WRAPS

Chicken Caesar Wrap

Chicken Pesto Wrap

(V) Vegetarian

(GF) Gluten-Friendly

(PB) Plant-Based