

WRAPS AND SANDWICHES,

Served with a mixed leaf salad or substitute with a cup of today's fresh soup, add \$2.75

THE LOBSTER ROLL: \$17.99

Large pieces of Nova Scotia lobster with dill mayo, served in a buttered and toasted brioche roll

THAI CHICKEN WRAP: \$9.99

Grilled chicken breast, carrot, cucumber, lettuce, sesame-ginger vinaigrette

PEAR, ARUGULA AND BRIE: \$8.99

Caramelized pear, creamy Brie cheese and arugula grilled on La Have orange raisin bread

TOMATO AND HAVARTI CHEESE: \$8.99

With garlic & fresh basil, grilled on La Have potato bread, add bacon or prosciutto \$2.00

THE A.B.C.D: \$9.49

Apple, Bacon, Cheddar, Dijon grilled on La Have cracked wheat and flax bread

GRILLED VEGETABLE AND GOATS CHEESE PANINI: \$9.49

Roasted seasonal vegetables and creamy local goats cheese on a grilled Panini roll

B.L.A.T: \$9.49

A grilled Panini roll filled with bacon, lettuce, avocado, tomato, and garlic mayo

TUSCAN CHICKEN PANINI: \$9.99

Grilled chicken breast with tomato, red onions, mixed greens, basil mayo on a grilled Panini roll

CUBAN PORK PANINI: \$9.99

Citrus marinated lean pork, with caramelized onions, Dijon and cheese on focaccia bread

KIDS GRILLED CHEESE: \$4.99

(Kraft cheese slices)

GROWN-UPS GRILLED CHEESE: \$5.99

(Real Cheddar Cheese!)

NOVA SCOTIAN FISH CAKES: \$9.99

Served with mango salsa and a side mesclun salad

DAILY SOUP POT

CUP \$4.25

BOWL \$6.25

Fresh, homemade, served with baguette bread. Please ask for today's selection

SALADS **ADD GRILLED CHICKEN BREAST TO ANY SALAD \$3.25**

SPINACH: \$9.49

Spinach, Local Dried Cranberries, Pecans, Ran-Cher Goats Cheese, Manuka honey vinaigrette

GREEK: \$9.49

Cucumbers, tomato, red peppers, olives, feta cheese and our own lemon vinaigrette

CHESTER: \$9.49

Mixed leaf salad with walnuts, blue cheese, oranges, red onion and our own raspberry vinaigrette

SIMPLY DELICIOUS.

