

Lunch Menu

SOUP / SALAD

HOMEMADE SEASONAL SOUP ... 5.75

SOUP & SMALL SUPER SALAD ... 10.75

HOUSE SUPER SALAD: ... 7 / 11

High Antioxidant Blend

*Shredded Kale, Red Cabbage, Brussels Sprouts
Broccoli, Napa Cabbage & Kohlrabi on Romaine &
Head Lettuce with Tarragon Balsamic Vinaigrette*

SAYAN'S SALAD ... 7.5 / 12

*Super Salad with Raspberry Coulis, Toasted Sunflower Seeds,
Lemon Herb Olive Oil, Hemp Hearts, Bella Vitano Cheese*

12 DOLLAR MEALS

HOMEMADE SPAGHETTI

Roasted Tomato Sauce & Asiago Cheese

VEGETARIAN WRAP

*Roasted Red Peppers, Red Onion, Mushroom, Tomato,
Goat Cheese & Basil Pesto, Salad*

RUBEN MELT

Pastrami, Sauerkraut, Cheese, House Mayo, Fries

MAC & CHEESE

*Homemade Pasta Curls Creamy Cheese Sauce,
Toasted Breadcrumbs, Salad*

SALADS

GREEK SALAD ... 7.5 / 12

*Super Salad with Olives, Tomatoes, Cucumber, Feta
Oregano Dressing*

YRK SUPER CAESAR ... 7.5 / 12

*Super Salad with Garlic Asiago Dressing, Balsamic Croutons,
Asiago Cheese, Bacon*

PEAR & PECAN SALAD ... 7.5 / 12

*Super Salad with Pecans, Casey Blue Cheese, Anjou
Pear Tarragon Balsamic Vinaigrette*

To all salads add Chicken \$3 or 5oz Salmon \$8

13 DOLLAR MEALS

DAILY GRILLED CHEESE

ROASTED RED PEPPER ROTINI

*Cherry Tomatoes, Red Peppers, Asparagus, Arugula,
Sun Dried Tomato Pesto, Shaved Cheese*

CRAB & BABY SHRIMP BUN

Shredded Lettuce, Tomato & Lemon Aioli, Salad

¼ ROTISSERIE CHICKEN

with House Slaw, French Fries & Chocolate Gravy

STUFFED AVOCADO

*Quinoa, Lentils, Tomato Salsa on House Super Salad
with Crumbled Feta*

FLATBREADS

CHICKEN & MUSHROOM ... 14

*Asparagus, Garlic Cream, White Truffle Oil
Caramelized Onions, Shredded Asiago, Salad*

GOAT CHEESE ... 14

Basil Pesto, Red Onion, Spinach, Cherry Toms, Salad

PROSCIUTTO ... 14

*Arugula, Caramelised Onions, Shaved Parmesan,
Balsamic Drizzle, Salad*

PEAR & BLUE ... 16.95

*Poached Pear, Crumbled Stilton, Garlic, Olive Oil,
Arugula, Salad*

14 DOLLAR MEALS

CHICKEN, BACON & AVOCADO WRAP

Lettuce, Tomato & Lemon Aioli, Torpedo Potato, Salad

PULLED BEEF SANDWICH

*Slow Cooked Brisket, Pesto Mayo, Asiago Cheese,
House Slaw & Onion Rings with Torpedo Potato, Fries*

MEAT LOAF SANDWICH

Crispy Onions, House Gravy on Ciabatta Bun, Fries

CHICKEN & MUSHROOM PASTA

*Spinach, Basil Pesto Cream Sauce, Shaved Cheese,
Onions, Fettuccine Noodles*

BRAISED BEEF PASTA

*Chocolate Shell Pasta, Mushrooms, Onions, Shaved
Cheese, Roasted Tomato Sauce*

HAMBURGER

HANDCRAFTED BURGER ... 13.95

*Tomato, Lettuce, Pickles & Potato Scallion Bun
Torpedo Potato, Fries*

Toppings \$1.50 Each:

*Cheddar Blue Cheese
Brie Horseradish Cheddar
Guacamole Roasted Red Pepper
Mushroom Caramelized Onions
Bacon Bacon Jam
Goat's Cheese*

OTHER

TENDER STEAK SALAD ... 15

*Seared Petit Tenderloin on Super Salad with
Horseradish Cream*

STEAK SANDWICH ... 15

Sautéed Mushrooms & Onions Garlic Mayo, Fries

FISH AND CHIPS ... 14

Welly Beer Battered with Fries

** 2 piece add \$4 **

CHOCOLATE RUBBED PETIT BEEF TENDERLOIN ... 19

served on smashed potatoes and savory chocolate gravy

*N/C for soup or salad substitutions
Most Substitutions \$1, Sweet Potato Fries \$1.75*

YRK