



BREAKFAST

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| BRIOCHE SANDWICH | \$7.25 |
| Fried egg, cheese, bacon or sausage patty and mayonnaise | |
| BREAKFAST WRAP | \$8.25 |
| Scrambled eggs, onion, spinach, cheddar and mozzarella cheese with a side of salsa | |
| PARQ BREAKFAST | \$8.25 |
| 2 eggs, bacon or sausage patty, hash browns, white or brown toast | |
| FRUIT CUP | \$6.75 |
| Assorted melon, pineapple and grapes | |
| YOGURT | \$3.25 |
| Assorted flavours | |
| BANANA BREAD | \$3.25 |
| LEMON LOAF | \$3.25 |

SALADS

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| CAESAR SALAD | \$8.40 |
| Romaine lettuce, parmesan cheese, croutons, and caesar dressing | |
| GREEK SALAD | \$10.25 |
| Olives, bell peppers, onion, tomato, cucumber and feta cheese | |
| COBB SALAD | \$10.75 |
| Romaine lettuce, chicken, bacon, tomato, egg, ranch dressing | |

SANDWICHES

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| CHICKEN SALAD | \$8.95 |
| Lettuce, celery and mayonnaise | |
| TURKEY | \$8.95 |
| Lettuce, tomato and cranberry mayonnaise | |
| TUNA | \$8.95 |
| Lettuce, celery, red onion and mayonnaise | |
| CLUBHOUSE SANDWICH | \$10.95 |
| Bacon, turkey, lettuce, tomato | |

PLUS APPLICABLE TAXES



BURGERS & MORE

SERVED WITH FRIES

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| CHEESE BURGER | \$9.75 |
| Cheese, lettuce and tomato | |
| JOE'S DOUBLE CHEESE BURGER | \$11.75 |
| Cheese, lettuce and tomato | |
| VEGGIE BURGER | \$9.75 |
| Black bean patty, lettuce and tomato | |
| THE BEYOND BURGER | \$10.95 |
| Plant-based burger, lettuce and tomato | |
| CHICKEN BREAST ON BRIOCHE | \$11.50 |
| Cheese, lettuce and tomato | |

PANINIS

SERVED WITH FRIES

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| GRILLED CHEESE | \$7.95 |
| Cheddar and provolone | |
| HAM & SWISS CHEESE | \$9.95 |
| Swiss cheese and dijon mustard | |

SOUP

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| DAILY FEATURE | \$7.25 |
| Ask your cashier for todays flavour | |

SNACKS

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| CHICKEN TENDERS | \$10.25 |
| Served with fries and dipping sauce | |
| CHICKEN WINGS (8 pieces) | \$10.50 |
| Choose from hot sauce or salt & pepper | |
| VEGETABLE SPRING ROLLS | \$6.75 |
| Sweet chili sauce | |
| POUTINE | \$6.50 |
| FRENCH FRIES | \$4.50 |
| ONION RINGS | \$5.50 |
| SWEET POTATO FRIES | \$5.50 |

PLUS APPLICABLE TAXES