



BREAKFAST

BRIOCHE SANDWICH	\$8.00
Fried egg, cheese, bacon or sausage patty and mayonnaise	
BREAKFAST WRAP	\$10.50
Scrambled eggs, onion, spinach, cheddar and mozzarella cheese with a side of salsa	
PARQ BREAKFAST	\$11.00
2 eggs, bacon or sausage patty, hash browns, white or brown toast	
YOGURT	\$4.00
Assorted flavours	
BANANA BREAD	\$4.00
LEMON LOAF	\$4.00

SALADS

CAESER SALAD	\$9.00
Romaine lettuce, parmesan cheese, croutons, and caesar dressing	
GREEK SALAD	\$11.50
Olives, bell peppers, onion tomato, cucumber, feta cheese	
COBB SALAD	\$12.50
Romaine lettuce, chicken, bacon, tomato, egg, ranch dressing	

SANDWICHES

CHICKEN SALAD	\$9.50
Lettuce, celery, and mayonnaise	
TURKEY	\$9.50
Lettuce, tomato, and cranberry mayonnaise	
TUNA	\$9.50
Lettuce, celery, red onion, and mayonnaise	
CLUBHOUSE SANDWICH	\$14.00
Bacon, turkey, lettuce, tomato	

PLUS APPLICABLE TAXES

To comply with City of Vancouver by-law requirements, we charge a minimum of \$0.25 fee for paper bags.



BURGERS & MORE

SERVED WITH FRIES

CHEESEBURGER	\$12.00
Cheese, lettuce and tomato	
JOE'S DOUBLE CHEESEBURGER	\$14.25
Cheese, lettuce and tomato	
VEGGIE BURGER	\$11.00
Black bean patty, lettuce and tomato	
THE BEYOND BURGER	\$12.00
Plant-based burger, lettuce and tomato	
CHICKEN BREAST ON BRIOCHE	\$12.50
Cheese, lettuce and tomato	

PANINIS

SERVED WITH FRIES

GRILLED CHEESE	\$12.00
Cheddar and provolone	
HAM & SWISS CHEESE	\$12.50
Swiss cheese and dijon mustard	

SOUP

DAILY FEATURE	\$6.50
Ask your cashier for today's flavour	

SNACKS

CHICKEN TENDERS	\$14.00
Served with fries and dipping	
CHICKEN WINGS (8 pieces)	\$15.00
Choose from hot sauce or salt and pepper	
VEGETABLE SPRING ROLLS	\$8.50
Sweet chili sauce	
POUTINE	\$8.00
BUTTER CHICKEN POUTINE	\$13.50
FRENCH FRIES	\$6.00
ONION RINGS	\$6.50
SWEET POTATO FRIES	\$6.50

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