

SANDWICHES & WRAPPS

WRAPPS

THAI CHICKEN WRAPP	\$6.25
with rice, chicken, mixed vegetables & Thai mayonnaise	
CHICKEN CAESAR WRAPP	\$6.25
VEGETARIAN BURRITO IN SPINACH TORTILLA V	\$6.25
PULLED BEEF BURRITO IN VEGETABLE WRAPP	\$6.75

CAFE SANDWICHES

EGG SALAD ON A FILONE BUN V	\$5.25
with lettuce and tomato	
TUNA SALAD ON A FILONE BUN	\$5.25
with lettuce and tomato	
VEGETARIAN ON A FILONE BUN V	\$5.25
with avocado & cream cheese	

SIGNATURE

SANDWICHES

MAPLE HAM & AGED CHEDDAR ON A CIABATTA BUN	\$6.25
with tomato, lettuce and apple cider mustard SMOKED	
TURKEY ON SUNDRIED CRANBERRY BUN	\$6.50
with lettuce, mayonnaise & apple cider mustard	
ITALIAN CLASSIC ON AN OLIVE BUN	\$7.25
with black olive & sundried tomato tapenade, provolone & artichokes	
CHICKEN CLUBHOUSE ON A CIABATTA BUN	\$7.50
with bacon, tomato, lettuce, havarti cheese and mayonnaise	
ROAST BEEF ON A ROASTED ONION BUN	\$6.75
with onion confit, Swiss cheese & apple cider mustard	

HOT GRILLED SANDWICHES

GRILLED 3 CHEESE ON CIABATTA V	\$5.75
with havarti, Swiss & cheddar cheeses, pesto & tomato SMOKED	
SALMON (LOX) & SPINACH ARTICHOKE SPREAD	\$7.25
with red onion & spinach on herbed focaccia	
GRILLED VEGETABLES V	\$7.25
with spinach, provolone & pesto mayonnaise on herbed focaccia GRILLED	
CHICKEN BREAST & ANCHO CHIPOTLE MAYONNAISE	\$7.25
with Swiss cheese, roasted pepper & spinach on herbed focaccia	

ALWAYS FRESH!

Choose from our selection of gourmet sandwiches and wraps, garden-fresh salads, our sinfully good desserts & pastries and a wide selection of hot & cold beverages.

The Bread Garden - it's all good.

Delivered to your door or available for pick up!

FROM THE BAKERY

CINNAMON KNOT	\$2.99
COOKIES assorted flavours	\$1.69
CROISSANT	\$2.59
CHOCOLATE COFFEE CAKE	\$2.99
CHOCOLATE CROISSANT	\$2.99
BANANA BREAD	\$2.49
DANISH BLUEBERRY STICK	\$2.99
DANISH CINNAMON STICK	\$2.99
BLUEBERRY SCONE	\$2.19
RASPBERRY SCONE	\$2.19
HEALTH SCONE	\$2.19
COPENHAGEN	\$2.99
BISCOTTI	\$1.99

MUFFINS \$2.19

date and raisin, blueberry oatmeal, lemon cherry, low fat raspberry, chocolate banana, apple maple

TARTS \$2.99

blueberry, maple pecan, lemon, chocolate brownie, harvest pear, coconut

DESSERTS

RICE PUDDING	\$2.99
CHOCOLATE PUDDING	\$2.99
CARROT CAKE	\$4.99
CHOCOLATE MOUSSE CAKE	\$5.99
CHOCOLATE CHEESE CAKE	\$5.99
MANGO CHEESE CAKE	\$5.99
CHEESE CAKE	\$5.99
TIRAMISU	\$5.99
SACHER TORTE	\$5.99

* whole cakes available *

DESSERT BARS \$1.49

date square, nanaimo bar, lemon macaroon burst, brownie


COFFEE & TEA

A selection of fine European coffees and teas.

10 cup service	\$15.00
30 cup service	\$42.60
60 cup service	\$79.80




Milk, cream, sugar, stir sticks and cups included.

OVEN BAKED FAVOURITES

 = VEGETARIAN

SAVOURY MEAT LASAGNA	\$7.25
with mozzarella cheese in spinach pasta sheets	
VEGETABLE LASAGNA 	\$6.50
assorted vegetables in a creamy tomato sauce	
TURKEY POT PIE	\$7.25
large chunks of roasted turkey and vegetables in a flaky crust	
BEEF POT PIE	\$7.25
with lots of gravy in a flaky crust	
BROCCOLI CHEDDAR QUICHE 	\$6.75
fresh broccoli and cheddar cheese in a flaky pastry	
SMOKED SALMON QUICHE	\$6.75
smoked salmon, leeks and onions with Swiss cheese	
CHICKEN CUTLET	\$7.25
with roasted vegetable sauce and parmesan cheese	
SHEPHERD'S PIE	\$6.25
THREE CHEESE PEROGIES 	\$4.75
VEGETARIAN SAMOSA 	\$3.25
served with a spicy curry tamarind dipping sauce	
BEEF SAMOSA	\$3.25
served with a spicy curry tamarind dipping sauce	
SPANAKOPITA 	\$4.75
filo pastry wrapped around a spinach & feta cheese filling	
CHICKEN TERIYAKI	\$6.25
with peppers and carrots served on a bed of rice	

PASTAS & PIZZAS

PENNE PASTA with chorizo & tomato pesto sauce	\$6.50
CHEESE TONDI in tomato cream sauce 	\$7.25
INDIVIDUAL VEGETARIAN PIZZA 	\$4.25
OLD FASHIONED MACARONI & CHEESE 	\$5.75
rich and creamy sauce with lots of cheddar cheese	
CALZONE filled with spicy tomato sauce, pepperoni, mozzarella, parmesan and Monterey Jack cheeses	\$5.75

SANDWICH & ENTREE COMBOS...

with soup or salad **add \$3.00**

Ask for more details

GOURMET SALADS

Reg. \$4.25 Large \$6.25

Sesame Noodle, Tortellini Pasta, Greek, Citrus Fruit, Dijon Red Potato, Tomato Bocconcini, Penne Pasta and Mediterranean Chick Pea.

SALAD TRIO - your choice of any 3 gourmet salads \$7.25

Fresh Fruit Platter.....	\$39.99
Fresh Vegetable Platter.....	\$39.99

BREAKFAST

BREAKFAST WRAPP	\$4.25
egg & potato mixture with basil, salsa & cheddar cheese	
HAM & CHEDDAR OMELET WITH TOAST	\$4.25
HAM & CHEDDAR ENGLISH MUFFIN	\$4.25
WHOLE WHEAT BREAKFAST BAGEL	\$4.25
with egg, bacon and cheddar cheese	
SESAME BREAKFAST BAGEL	\$4.25
with egg, ham and cheddar cheese	
LOX & CREAM CHEESE BAGEL	\$4.25

Ask for your FREE reg. coffee with the purchase of any of the above breakfast items or substitute a reg. latte for only \$1.00.

FRENCH VANILLA YOGURT	\$1.99
FRUIT & YOGURT PARFAIT *contains nuts*	\$3.49
GRANOLA	\$3.49
Bread Garden's signature recipe *contains nuts*	

SOUP

BREAD GARDEN SIGNATURE SOUP	\$4.25
Old Fashioned Chicken Noodle Soup	\$4.25
SOUP OF THE DAY	\$4.25
Beef Barley, Tomato Basil, Mulligatawny, Minestrone, Leek & Red Potato Chowder, Cream of Asparagus	

Add a side of soup to any sandwich or entree for only \$3.00

GREENS ON THE GO

ORGANIC MIXED GREENS	\$5.25
CAESAR SALAD	\$5.25
with a creamy dressing and Bread Garden croutons	
CHICKEN CAESAR SALAD	\$7.25
with a creamy dressing and Bread Garden croutons	
CALIFORNIA CHICKEN SALAD	\$8.25
with artichoke hearts, chick peas & feta cheese	
CHOP CHOP SALAD	\$6.25
healthy greens with hardboiled egg, Swiss cheese & honey ham	
ASIAN CHICKEN SALAD	\$8.25
with chow mein noodles, cabbage & spicy peanut dressing	
SPINACH SALAD WITH PORTABELLO MUSHROOMS	\$6.25
with bocconcini, grilled eggplant and roasted peppers	

SALAD PLATTERS

Mixed Greens	\$39.99
Caesar Salad	\$39.99
Greek Salad	\$29.99