

# ACADEMY

## BISTRO



### Breakfast

8:00 AM - 11:00 AM

**BREAKFAST SANDWICH: \$4**

Soft brioche bun, egg, ham and cheddar cheese.

**HASHBROWN SKILLET: \$3.50**

Potatoes, red peppers and onion (GF, DF)

**SMOOTHIES: \$5**

Mixed berries, yogurt and orange juice. (GF)

Mango, pineapple, kale and coconut milk.  
(GF, DF)

**YOGURT PARFAIT: \$3.50**

Vanilla yogurt, berry compote and  
gluten free almond granola. (GF)

**BAKERY ITEMS: \$1 - \$4**

GF - Gluten Free

DF - Dairy Free

### Lunch

12:00 PM - 1:30 PM

**BISTRO SANDWICH: \$6**

In-house made pretzel bun, ham or turkey,  
lettuce, tomato and pickle.  
(GF - available with pre-order)

**BURRITO BOWL \$8**

Add chicken for \$2  
Rice, corn, bean and tomato salad, sautéed peppers and  
onions, guacamole,  
tortilla chips, salsa & sour cream. (GF)

**GRILLED CHEESE AND OLD DUTCH CHIPS: \$5**

**CAESAR SALAD: \$5**

**ADD CRISPY OR GRILLED CHICKEN FOR \$3**

Romaine lettuce, parmesan cheese,  
croutons and caesar dressing.

**HAND ROLL: \$3.50**

Nori wrapped sushi rice, carrots,  
cucumber, red cabbage and green onion.  
Served with sriracha mayo and soya sauce. (GF, DF)

**FRENCH FRIES: \$5**

**VEGETABLE CUP & DIP: \$3 (GF)**

**SPRING ROLLS: \$3.50**

DAILY LUNCH SPECIALS FOUND ON NEXT PAGE

Visit [academybistro.ca/order-online](http://academybistro.ca/order-online) to order and for pick-up instructions.

# ACADEMY

BISTRO



## JANUARY LUNCH SPECIALS

[www.academybistro.ca](http://www.academybistro.ca)



academybistro

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Spaetzle with Pork Schnitzel (Open 10:30 AM) (\$8)	18 Spaetzle with Pork Schnitzel (\$8)	19 Teriyaki Bowl (\$8)	20 Teriyaki Bowl (\$8)	21 Cafeteria Closed	22
23	24 Mac & Cheese (\$6)	25 Butter Chicken & Samosa (\$8)	26 Butter Chicken & Samosa (\$8)	27 Cheeseburger & Fries (\$8)	28 Cheeseburger & Fries (\$8)	29
30	31 Cafeteria Closed					