

# ACADEMY

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## BISTRO



### Breakfast

8:00 AM - 9:00 AM

**BREAKFAST SANDWICH: \$4**

Soft brioche bun, egg, ham and cheddar cheese.

**SMOOTHIES: \$4**

Mixed berries, yogurt and orange juice.

Mango, pineapple, kale and coconut milk.

**YOGURT PARFAIT: \$3.50**

Vanilla yogurt, berry compote and  
gluten free almond granola.

**CROISSANT: \$2.50**

### Lunch

12:00 PM - 1:30 PM

**BISTRO SANDWICH: \$5**

In-house made pretzel bun, ham or turkey,  
lettuce, tomato and pickle.

**CAESAR SALAD: \$5**

ADD CRISPY OR GRILLED CHICKEN FOR \$3

Romaine lettuce, parmesan cheese,  
croutons and parmesan dressing.

**HAND ROLL: \$3.50**

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

**FRENCH FRIES: \$4.50**

Tax included in prices

DAILY LUNCH SPECIALS FOUND ON NEXT PAGE

### Take Home Dinners

WEDNESDAYS AND THURSDAYS

PICK-UP BETWEEN 3:00 PM AND 5:00 PM

DECEMBER 2 & 3	PEROGIES, KELIBASA, COLESLAW, BACON, ONION & SOUR CREAM
DECEMBER 9 & 10	COTTAGE PIE, SALAD & CARROT CAKE
NOVEMBER 16 & 17	CHRISTMAS DINNER

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

# DECEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

	NOV 30 <b>Grilled Cheese and Chips</b> (\$6)	1 Mac & Cheese with BBQ Chicken Drumstick (\$8) <b>Grilled Cheese and Chips</b> (\$6)	2 Mac & Cheese with BBQ Chicken Drumstick (\$8) <b>Grilled Cheese and Chips</b> (\$6)	3 <b>Cheeseburger &amp; Fries</b> (\$8) <b>Grilled Cheese and Chips</b> (\$6)	4 <b>Cheeseburger &amp; Fries</b> (\$8) <b>Grilled Cheese and Chips</b> (\$6)	5
6	7 <b>No School</b>	8 <b>No School</b>	9 Chicken Soup and Cheddar Biscuits (\$6) <b>Grilled Cheese and Chips</b> (\$6)	10 <b>Nachos</b> (\$8) <b>Grilled Cheese and Chips</b> (\$6)	11 <b>Nachos</b> (\$8) <b>Grilled Cheese and Chips</b> (\$6)	12
13	14 <b>Grilled Cheese and Chips</b> (\$6)	15 Chicken Alfredo (\$8) <b>Grilled Cheese and Chips</b> (\$6)	16 Chicken Alfredo (\$8) <b>Grilled Cheese and Chips</b> (\$6)	17 Vegetable Fried Rice (\$8) <b>Grilled Cheese and Chips</b> (\$6)	18 Vegetable Fried Rice (\$8) <b>Grilled Cheese and Chips</b> (\$6)	19
20	21	22	23	24	25	26
						
	28	29		31	*Tax included in price.	