

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, avocado,

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

Take Home Dinners

WEDNESDAY

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

COST: \$32

OCT 6 - Pansit Meal

OCT 13 - Salmon Meal

OCT 20 - Butter Chicken Meal

OCT 27 - Chicken Enchiladas Meal

Visit academybistro.ca/online-ordering to order and for pick-up instructions.

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OCTOBER LUNCH SPECIALS

www.academybistro.ca



academybistro

SUN	MON	TUE	WED	THU	FRI	SAT
					1 No Classes	2
3	4 Panini Sandwich \$6	5 Butter Chicken \$8	6 Butter Chicken \$8	7 Mac & Cheese w/ Veggie Cup \$8	8 Mac & Cheese w/ Veggie Cup \$8	9
10	11 No Classes	12 Falafel Pita & Salad \$8	13 Falafel Pita & Salad \$8	14 Poutine & Drink \$8	15 Poutine & Drink \$8	16
17	18 Raman Soup \$6	19 Chicken Alfredo \$8	20 Chicken Alfredo \$8	21 Cafeteria Closed	22 No Classes	23
24	25 Egg Salad Sandwich \$6	26 Pansit & Spring Roll \$8	27 Pansit & Spring Roll \$8	28 Chicken Fingers & Fries \$8	29 Chicken Fingers & Fries \$8	30
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