

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

SEPT 15 - Chicken Enchiladas Meal

SEPT 22 - Perogy Meal

SEPT 29 - Spanakopita Meal

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

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SEPTEMBER LUNCH SPECIALS

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9 Cheeseburger and Fries (\$8)	10 Cheeseburger and Fries (\$8)	11
12	13 Clubhouse Sandwich (\$6)	14 Vegetable Fried Rice & Spring Rolls (\$8)	15 Vegetable Fried Rice & Spring Rolls (\$8)	16 Chicken Fingers & Fries (\$8)	17 Chicken Fingers & Fries (\$8)	18
19	20 Lox & Bagel (\$6)	21 Taco Salad (\$8)	22 Taco Salad (\$8)	23 Poke Bowl (\$8)	24 Poke Bowl (\$8)	25
26	27 Tofu Pad Thai (\$8)	28 Tofu Pad Thai (\$8)	29 Pizza & Caesar Salad (\$8)	30 No Classes	OCT 1 No Classes	

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