

Salads

LIMITED SUMMER EDITIONS/

Okanagan Orchard Salad/ \$18

organic greens, pea shoots and fresh herbs, topped with baked chicken breast, sweet bell peppers, grape tomatoes, English cucumber, quinoa, dark cherries, nectarines & Bartlet pear. Topped with organic, gluten free almond & oat crumble. Served with fresh baked cherry banana bread and our own cherry balsamic vinaigrette/ GF & DF

Pear & Berry Spinach Salad/ \$17

spinach salad layered with seasoned baked chicken, red and green bell peppers, Roma tomato, sweet cranberries, crisp pears, fresh seasonal berries, cinnamon sugar roasted walnuts & poppyseeds. Served with fresh baked cherry banana bread and our own pear vinaigrette/ GF & DF

SIGNATURE SALADS/

Moroccan Sun Salad/ \$17

organic mixed greens tossed with sweet bell peppers, sweet grape tomatoes, crisp red onions, sticky medjool dates, Turkish raisins, sugar-spiced pecans and strips of seasoned baked chicken. Drizzled with our sweet Moroccan curry dressing and served with warm garlic buttered naan bread./GF & DF

Jeffrey's Golden Grilled Chicken Caesar/ \$16

crisp romaine tossed with our own golden Caesar vinaigrette, tangy and rich with garlic. Topped with fresh tomatoes, red bell peppers and grated Parmesan. Served with a fresh baked cheddar & chive biscuit.

Hudson Valley Salad/ \$18

baby greens, kale, shaved cabbage & fresh herbs with grilled chicken, crispy bacon & caramelized onions, grape tomatoes, crisp cucumbers, pickled radish, sweet peas and toasted seed brittle. With honey Dijon vinaigrette & cherry banana loaf/ GF & DF

Rustic Israeli Kale Salad /\$16

add grilled chicken \$5/crisp kale and red cabbage, tossed with red quinoa, kalamata olives, grape tomatoes, crisp grapes, cucumber, red onion and feta cheese. Topped with pita crisps, tzatziki drizzle and pumpkin seeds. Served with a fresh biscuit and herb vinaigrette. /GF

SIDE SALADS/ add grilled chicken & a biscuit or banana bread to any side salad for \$6 or make any side salad a meal size with a side bread

California Mixed Greens/ \$7.50

organic mixed greens topped with sweet bell peppers, Roma tomato, red onion, dried cranberries, California almond slices, feta cheese and balsamic vinaigrette./ GF

Green Apple Salad/ \$7.50

tender spinach topped with red bell peppers, grape tomatoes, apple slices, Turkish raisins, sugar roasted pumpkin seeds. Moroccan spiced vinaigrette./ GF & DF

Spring Spinach Salad/ \$7.50

spinach topped with sweet bell peppers, Roma tomatoes, cranberries, fresh berries & pear vinaigrette./ GF & DF

Classic Caesar Salad/ \$7

crisp romaine tossed with Caesar vinaigrette, fresh grated Parmesan cheese and oven baked focaccia croûtons.

GF/ Gluten Sensitive /does not include breads

DF/ Dairy Free

Our Caesar dressing contains traces of Gluten, all other dressings are Gluten Free



Summer '17

Nordic Court 214 Place South West Side
West Side Mill District (Opening Summer '17)

Sandwiches

LIMITED SUMMER EDITIONS/

Coastal Salmon Flat-bread/ \$17

warm garlic naan loaded with granny smith apple slices, chilled oven roasted wild salmon, creamy dill aioli and pea shoots. Served with a simple orchard side salad with cherry balsamic vinaigrette.

Atlantic Lobster Roll/ \$14

real Atlantic lobster pieces with lemon & caper aioli, crisp celery and red pepper in a soft buttery roll. Topped with lemon kale & herb slaw. Served with pickles & potato chips.

Roast Beef, Smoked Cheddar & Caramelized Onion Panini/ \$14

in house slow roasted beef, served on marbled rye. Made with sweet onion marmalade, smoked cheddar, rosemary maple aioli & fresh baby kale & arugula. Served with pickles and potato chips.

SANDWICHES/

All sandwiches & grilled sandwiches are served with deli potato chips & a pickle spear. Also great with a side soup or salad.

California Smoked Turkey Club/ \$14lg/ \$7.50sm

smoked turkey breast, avocado, tomato, red onion, smoky bacon, Monterey Jack cheese, leaf lettuce and caper & roasted red pepper aioli, on fresh baked focaccia bread.

Roast Teriyaki Chicken Sandwich/ \$13

baked chicken breast with artisan teriyaki sauce, sweet pineapple, tomato, mozzarella, red onion, lettuce, and cream cheese on multi-grain bread.

Curry Chicken Apple Fold/ \$13

grilled naan topped with chicken breast, red & green bell peppers, feta cheese, granny smith apple slices, organic greens & Moroccan vinaigrette.

Tomato, Bocconcini, Avocado & Hummus/ \$13

warm naan topped with our own roasted garlic hummus, bocconcini, sliced tomato, avocado, organic greens and garden herb dipping sauce.

Tangiers Spiced Pecan & Chicken Wrap/ \$13

oven baked chicken, sweet peppers, dried cranberries, caper aioli, fresh tomatoes, Moroccan spiced pecans, organic mixed greens, feta in a garlic pesto wrap.

GRILLED SANDWICHES/

Grilled Bacon, Tomato & Avocado on Sunflower Bread/ \$13

grilled multi-grain bread topped with fresh basil & roasted garlic aioli, crisp bacon strips, Roma tomato, creamy avocado & baby kale & arugula.

The Greatest Grilled Cheese/ \$12

mild Swiss cheese, rich aged cheddar and creamy provolone, grilled in a garlic butter French baguette. /add bacon, ham, chicken, extra cheese \$2ea, tomatoes, onion, no charge. Basil ketchup served on the side.

Italian Grilled Pesto Chicken Panini/ \$14lg/ \$7.50sm

classic basil pesto, cream cheese, chicken breast, mozzarella cheese, Roma tomato slices, bacon, diced red onion on fresh baked focaccia bread. Grilled, then stuffed with organic greens.

Black Forest Ham & Swiss Panini/ \$14lg/ \$7.50sm

black forest ham, fresh tomato slices, real Swiss cheese, red onion, crisp romaine and honey Dijon mayo grilled in our fresh baked herb & onion focaccia bread.


Jordan's BBQ Pulled Pork on Ciabatta/ \$13

slow roasted pork, shredded and tossed with sweet and spicy Guinness BBQ sauce, served on a toasted ciabatta bun with sautéed onions and maple Dijon slaw.

GLUTEN FREE BAGUETTES & RICE WRAPS are available for an additional \$2.50 charge. Our teriyaki and BBQ sauces contain gluten, all others are GF.

LIMITED SUMMER EDITIONS/

Bison Sliders/ \$14

locally raised bison with rosemary, grilled and served on freshly baked chive poppyseed rolls from . Topped with smoked cheddar, basil ketchup, stone-ground Dijon & arugula. Includes 2 sliders, and a side Caesar salad/ additional sliders \$4.50

Roasted Cauliflower & Arugula Quesadilla/ \$16 **Gluten Free Alternative Available**

basil & roasted garlic tortilla, filled with roasted cauliflower, basil pesto, pumpkin seeds, fresh arugula & feta cheese. Served with an orchard side salad with cherry vinaigrette.

Pear, Walnut & Chevre Quiche/ \$14

our summer favourite is back! baked with orchard fresh peaches and creamy goat cheese, topped with maple infused hollandaise. Served with our green apple salad.

Summaborsch/ \$6.50 cup/ \$10 pot **Gluten Free (without biscuit)**

classic Mennonite soup filled with new garden potatoes, Mennonite sausage, buttermilk and loads of fresh dill. Served up with a fresh baked cheddar & chive biscuit.

ENTREES/

Butter Chicken Rice Bowl/ \$17 **Gluten Free (without naan)**

extra chicken & sauce \$4/ enjoy our all new butter chicken recipe loaded with more chicken and a rich spicy sauce. Made with carrots, pearl onions and celery, served with warm naan bread and California mixed greens.

Alfredo Chicken Pasta Bowl/ \$14

imported Italian pasta coated in rich Alfredo sauce. with grilled chicken, asparagus, grape tomatoes and red bell peppers. Served with Caesar salad and garlic focaccia bread.

QUESADILLAS/

all quesadilla meals are served with a side Mexican salad, salsa & sour cream. switch for any of our daily soups or side salads at no cost / [available gluten free on rice wrap](#)

BBQ Chicken Quesadilla/ \$16

a rich Guinness infused BBQ sauce with seasoned chicken breast strips, cheddar cheese, green bell peppers and red onions, all grilled on a tomato tortilla shell.

Grilled Flank Steak Quesadilla/ \$16

basil garlic tortilla grilled with thinly sliced flank steak, mozzarella & cheddar cheese, green peppers & caramelized onion, with verde salsa.

QUICHE & SOUP/

Best of Everyday/each day we create a variety of seasonal soups and quiche for you from the best ingredients we can find. Ask about our daily choices. We also have a few classics available everyday for a limited time.

Daily Quiche/ \$13

served with a green apple side salad or your choice of soup

Daily Soup/ \$6.50 cup/ \$10 pot

served with a fresh baked cheddar chive biscuit

We would be happy to split your dish for a \$4 charge

Soup, Quiche, Entrees

