

# ACADEMY

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## BISTRO



### Breakfast

AVAILABLE UNTIL 11 AM

**BREAKFAST SANDWICH: \$5.50**

Soft brioche bun, egg, ham and cheddar cheese

**HASHBROWN PATTY: \$2.00**

**SMOOTHIE: \$8**

Mixed berries, yogurt and orange juice

**YOGURT PARFAIT: \$5**

Vanilla yogurt, berry compote and  
gluten free almond granola

### Bakery

**CHOCOLATE CHIP COOKIE: \$1**

**CROISSANT: \$3.50**

**APPLE STRUDEL: \$3.50**

**PRETZEL: \$4, ADD DIP FOR \$1**

### Lunch

**BISTRO SANDWICH: \$7.00**

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

**COMBO: \$3.50 (SIDE FRIES + CANNED DRINK)**

**BURRITO BOWL: \$12**

**ADD CHICKEN FOR \$2**

Rice, corn, bean and tomato salad, sautéed peppers and  
onions, guacamole, cheddar cheese  
tortilla chips, salsa & sour cream

**GRILLED CHEESE: \$5.50**

**COMBO: \$3.50 (SIDE FRIES + CANNED DRINK)**

**CAESAR SALAD: \$7**

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

Romaine lettuce, parmesan cheese,  
croutons and caesar dressing

**HAND ROLL: \$5**

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

**FRENCH FRIES: \$6**

**VEGETARIAN SPRING ROLLS: \$5**

DAILY LUNCH SPECIALS FOUND ON NEXT PAGE

# OCTOBER

## LUNCH SPECIALS

| SUN | MON                                     | TUE   | WED  | THU   | FRI   | SAT |
|-----|---|---|--|---|---|-----|
| 01  | 02<br><b>Mac &amp; Cheese</b><br>\$8.00 | 03<br><b>Cafeteria Closed</b>                                   | 04<br><b>Teriyaki Bowl</b><br>\$12.00                  | 05<br><b>Chicken Caesar Wrap &amp; Fries</b><br>\$12.00 | 06<br><b>Chicken Caesar Wrap &amp; Fries</b><br>\$12.00 | 07  |
| 08  | 09<br><b>Cafeteria Closed</b>           | 10<br><b>Nachos</b><br>\$12.00                                  | 11<br><b>Butter Chicken &amp; Samosa</b><br>\$12.00    | 12<br><b>Sliders &amp; Fries</b><br>\$12.00             | 13<br><b>Sliders &amp; Fries</b><br>\$12.00             | 14  |
| 15  | 16<br><b>Mac &amp; Cheese</b><br>\$8.00 | 17<br><b>Burrito &amp; Taters</b><br>\$12.00                    | 18<br><b>Crispy Chicken Udon Noodles</b><br>\$12.00    | 19<br><b>Crispy Chicken Udon Noodles</b><br>\$12.00     | 20<br><b>Cafeteria Closed</b>                           | 21  |
| 22  | 23<br><b>Mac &amp; Cheese</b><br>\$8.00 | 24<br><b>Quesadilla &amp; Tortilla Chips</b><br>\$12.00         | 25<br><b>Pork Pansit &amp; Spring Rolls</b><br>\$12.00 | 26<br><b>Chicken Fingers &amp; Fries</b><br>\$12.00     | 27<br><b>Chicken Fingers &amp; Fries</b><br>\$12.00     | 28  |
| 29  | 30<br><b>Mac &amp; Cheese</b><br>\$8.00 | 31<br><b>Chicken Enchiladas &amp; Tortilla Chips</b><br>\$12.00 |  |   |   |     |

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



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