

# ACADEMY

---

## BISTRO



### breakfast

#### BREAKFAST SANDWICH \$3

Grilled brioche bun served with an egg, bacon, and cheese

#### CAFE BREAKFAST \$6

*\*available in gluten free*

Two eggs, bacon or sausage, toast, and slice of tomato

#### YOGURT PARFAIT \$3

*\*gluten free*

With fresh fruit and made from scratch granola

#### BAKING \$2-\$3

House-made baked goods:  
muffins, banana bread, pastries

#### FRUIT SMOOTHIE \$3.50

*\*gluten free, available in vegan*

Green mango or berry

breakfast specials **\$5**

### lunch

#### BISTRO SANDWICH \$4

*\*available in gluten free*

Ham or turkey, cheddar cheese, lettuce, tomato, pickle

#### GREEN SALAD \$4

*\*vegan*

Mixed greens, cherry tomatoes, carrots, and apple dressing

#### TABOULI SALAD \$4

*\*vegan, available in gluten free*

Quinoa, cucumber, tomatoes, and mint

#### SALAD ROLL \$3

*\*vegan and gluten free*

Mixed vegetables, vermicelli noodles, and lettuce wrapped  
in rice paper. Served with peanut dipping sauce

#### VEGETABLES & HUMMUS \$3

*\*vegan and gluten free*

#### FRIES \$4

#### CHIPS & DIP \$3

Potato, sweet potato and beets

#### FEATURE SOUP \$3

lunch specials **\$7**

*See next page for monthly lunch specials*

# ACADEMY

BISTRO



## Daily Lunch Specials

### SEPTEMBER

5 - THURSDAY  
EMPANADAS AND SALAD

6 - FRIDAY  
FISH AND CHIPS

9 - MONDAY  
CHICKEN POT PIE AND SALAD

10 - TUESDAY  
SWEET AND SOUR PORK AND  
SPRING ROLL

11 - WEDNESDAY  
BUTTER CHICKEN AND ROTI

12 - THURSDAY  
CHICKEN ENCHILADAS AND  
SOUTHWEST SALAD

13 - FRIDAY  
MACARONI AND CHEESE

16 - MONDAY  
SHEPARD'S PIE AND SALAD

17 - TUESDAY  
CHICKEN TENDERS AND FRIES

18 - WEDNESDAY  
BURRITO BOWLS

19 - THURSDAY  
CHICKEN ALFREDO

20 - FRIDAY  
POKE BOWL

23 - MONDAY  
SLIDERS AND FRIES

24 - TUESDAY  
CHICKEN ENCHILADA AND  
SOUTHWEST SALAD

25 - WEDNESDAY  
PULLED PORK SANDWICHES  
AND COLESLAW

26 - THURSDAY  
SPAGHETTI AND MEATBALLS

27 - FRIDAY  
CHICKPEA CURRY

30 - MONDAY  
EMPANADAS AND SALAD