

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, guacamole,
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)

VEGETARIAN SPRING ROLLS: \$3.50

DAILY LUNCH SPECIALS FOUND ON NEXT PAGE

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