

# 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)**

**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

- NOV 03 - Coq au Vin with Mashed Potatoes and Carrots
- NOV 10 - Chicken Pot Pie
- NOV 17 - Sri Lankan Vegetarian Meal
- NOV 24 - Roast Pork Meal

Visit [academybistro.ca/online-ordering](http://academybistro.ca/online-ordering) to order and for pick-up instructions.

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BISTRO



## NOVEMBER LUNCH SPECIALS

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Bagel w/ herbed cream cheese & cucumbers (\$6)	2 Udon Noodle Stir Fry (\$8)	3 Udon Noodle Stir Fry (\$8)	4 Cheeseburger and Fries (\$8)	5 Cheeseburger and Fries (\$8)	6
7	8 Chicken Noodle Soup (\$6)	9 Quesadilla and Tortilla Chips (\$8)	10 Quesadilla and Tortilla Chips (\$8)	11 No Classes Remembrance Day	12 No Classes PD Day	13
14	15 BLT Bagel (\$6)	16 Chickpea Roti (\$8)	17 Chickpea Roti (\$8)	18 Chicken Finger & Fries (\$8)	19 Chicken Finger & Fries (\$8)	20
21	22 Minestrone Soup (\$6)	23 Bento Box (\$8)	24 Bento Box (\$8)	25 Cafeteria Closed	26 No Classes	27
28	29 Chicken Caesar Wrap (\$6)	30 Vegetarian Lasagna & Caesar Salad (\$8)				

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



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