

ACADEMY

BISTRO



Breakfast

8:00 AM - 11:00 AM

BREAKFAST SANDWICH: \$5

Soft brioche bun, egg, ham and cheddar cheese.

HASHBROWN SKILLET: \$3.50

Potatoes, red peppers and onion (GF, DF)

SMOOTHIES: \$6

Mixed berries, yogurt and orange juice. (GF)

YOGURT PARFAIT: \$4.50

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: \$6.50

In-house made pretzel bun, ham or turkey, lettuce, tomato and pickle.
(GF - available with pre-order)

BURRITO BOWL: \$9

Add chicken for \$2
Rice, corn, bean and tomato salad, sautéed peppers and onions, guacamole, tortilla chips, salsa & sour cream. (GF)

GRILLED CHEESE: \$5

CAESAR SALAD: \$6.50

ADD CRISPY OR GRILLED CHICKEN FOR \$3
Romaine lettuce, parmesan cheese, croutons and caesar dressing.

HAND ROLL: \$4

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

FRENCH FRIES: \$6

VEGETABLE CUP & DIP: \$4 (GF)

VEGETARIAN SPRING ROLLS: \$4

DAILY LUNCH SPECIALS FOUND ON NEXT PAGE

www.academybistro.ca

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BISTRO



SEPTEMBER LUNCH SPECIALS

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-------------------------------|--|--|---|---|--------|
| | | | | 1 | 2 | 3 |
| | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | Chicken Caesar Wrap w/ in-house made chips \$10.50 | Chicken Caesar Wrap w/ in-house made chips \$10.50 | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | Mac & Cheese Monday \$8.00 | Vegetable Stir Fry & Spring Rolls \$10.50 | Vegetable Stir Fry & Spring Rolls \$10.50 | Chicken Fingers & Fries \$10.50 | Chicken Fingers & Fries \$10.50 | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | Mac & Cheese Monday \$8.00 | Taco Salad \$10.50 | Taco Salad \$10.50 | Cafeteria Closed | BLT Bagel w/ in-house made chips \$10.50 | |
| 25 | 26 | 27 | 28 | 29 | 30 | OCT 01 |
| | Pòke Bowl \$11.50 | Pòke Bowl \$11.50 | Chicken Alfredo \$10.50 | Chicken Alfredo \$10.50 | Cafeteria Closed | |

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