

SUGAR MAPLE LUNCH MENU



STARTERS

❶ SEASONAL SOUP | MAPLE TURKEY CHILI | MAC & CHEESE
- CUP \$4.50 - BOWL \$5.50 -

SALADS

- ADD GRILLED CHICKEN \$2 -

❶ MAPLE ROASTED ROOT VEGETABLE SALAD \$8.95
TOASTED ALMOND, BABY KALE, MAPLE DIJON VINAIGRETTE

BEET & GOAT CHEESE \$8.95
PUMPKIN SEEDS, ARUGULA, BALSAMIC VINAIGRETTE, LOCAL HONEY

PEAR & WALNUT \$8.95
BLEU CHEESE, WALNUT, MIXED GREENS, BALSAMIC VINAIGRETTE

SANDWICHES

❶ TOMATO & AVOCADO \$8.95
PICKLED RED ONION, ARUGULA, TOASTED MULTIGRAIN

❶ KALE & HUMMUS \$8.95
AVOCADO, PICKLED RED ONION, TOASTED MULTIGRAIN

DUKE FARMS RAISED BEEF HOT DOG \$7.95
DUKE FARMS RAISED BEEF (NITRITE FREE), SIDE SALAD

MAPLE BBQ BEEF SANDWICH \$8.95
TOASTED CIABATTA, MELTED CHEDDAR

TOASTED TURKEY & BRIE \$8.95
SLICED PEAR, ARUGULA, BALSAMIC GLAZE, MULTI GRAIN BREAD

CRANBERRY CHICKEN SALAD WRAP \$9.95
MIXED GREENS, WHOLE WHEAT WRAP

GRILLED CHEESE \$6.95
AGED CHEDDAR - ADD BACON OR TOMATO - \$1 EACH

We cannot guarantee that menu items have not come into contact with peanuts, tree nuts or other allergens