**BREAKFAST**

**BAGELS**
- Bagel / margarine or butter................................. $1.35
- Bagel / Cream Cheese........................................ $2.25
- Bagel / Cream Cheese and Lox............................ $6.50

**EGGS**
- Scrambled with milk........................................ $1.50
- Soft boiled.................................................. $1.00
- Hard boiled.................................................. $1.00

**SIDES**
- Breakfast potatoes.......................................... $1.75
- Fruit cup.................................................... $1.75
- Fresh fruit.................................................. $0.85
- Assorted Yogurt............................................ $1.25
- Buttered Toast............................................. $0.65
- Sliced bread................................................ $0.50
- English muffin............................................. $0.85
- Matzo.......................................................... $0.45
- Melba crackers.............................................. $0.75

**VIENNOISERIES**
- Butter croissant............................................. $1.95
- Danish platter – chocolate & cinnamon............... $2.00
- Mini Danishes – chocolate & cinnamon............... $1.25
- Cheese danish............................................. $3.00
- Round open fruit danish/apple turnover............... $2.00
- Assorted Muffins........................................... $1.75
- Assorted mini muffins.................................... $0.75
- Assorted home baked cookies........................... $1.00
- Homemade loaf / slice.......................................... $1.50
  (Chocolate zucchini, Banana walnut, Lemon poppy seed)
- Assorted French pastries.................................. $4.25
- Mini assorted French pastries.......................... $15.00/dz

**BREAKFAST SPECIALS**

**Tuesday:**
- Vegetable Cheese Omelet.................................. $3.00

**Wednesday:**
- French toast with syrup.................................. $2.50

**Thursday:**
- Pancake (2) with syrup.................................. $2.75

**FRESH GROUND COFFEE**

- Choice of blends below................................. $1.30/per cup
  - JGH blend
  - Decaf
  - Vanilla

**FOR TEA LOVERS**

- Orange pekoe – Red Rose................................. $1.30/per cup
- Green tea ................................................ $1.30/per cup

**BEVERAGES**

- Spring water................................................ $1.50
- Perrier 330ml............................................. $2.00
- San Pellegrino............................................. $2.00
- Nestea Iced Tea (355ml can)............................ $1.75
- Soft drinks (355ml can)................................. $1.75
- Soft drinks (2L bottle)................................... $3.00
- Tomato juice, 110ml..................................... $1.50
- Juice farley (114ml)..................................... $1.00
- Juice (355ml can)......................................... $1.50
- Pitcher of Juice.......................................... $3.50
- Milk 200ml (2%).......................................... $1.25
- Milk 500ml (2%).......................................... $2.75
- Milk 200ml (chocolate)................................. $1.75
- Milk 500ml (chocolate)................................. $3.25
- Milk 1L (2%).............................................. $3.00

*Taxes extra*
SANDWICHES

Why not make it a lunch box?
Choice of sandwich served with a salad choice of the day, fruit cup, fresh baked cookie and choice of beverage (spring water or canned drink).

<table>
<thead>
<tr>
<th>Sandwich only</th>
<th>lunch box</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cheese and Tomato</td>
<td>$4.00</td>
</tr>
<tr>
<td>Island blend Salad</td>
<td>$5.75</td>
</tr>
<tr>
<td>Tuna Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Spicy Tuna</td>
<td>$5.75</td>
</tr>
<tr>
<td>Cucumber</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

Prices for sliced bread (white, whole wheat, pumpernickle)
Kaiser, onion roll add 0.75 per sandwich

Wraps: whole wheat, pesto, white
- Hummus: $4.05 - $10.60
- Egg salad: $4.05 - $10.60
- Tuna salad: $4.50 - $11.05
- Spicy Tuna: $5.95 - $12.50
- Island blend: $5.95 - $12.50

Assorted Baguettes (whole wheat & white):
- Hummus & grilled vegetables: $7.00 - $13.50
- Spicy Tuna with lettuce & tomato: $7.00 - $13.50
- Island Blend Tuna (avocado, pineapple, pickles): $7.00 - $13.50
- Tofu spread & grilled vegetables: $7.00 - $13.50
- California (avocado, tomato, cheese): $6.75 - $13.25
- Grilled chicken & lettuce & tomato: $8.00 - $14.50

Try our Cream Cheese and Lox pinwheel bites on Colourful Tortilla wraps!!...........$15.00/wrap

FRESH SALAD PLATES

Choose your scoop!
Served on a bed of lettuce with 2 salad choices of the day, 2 melba crackers package and 1 homemade dressing

Egg Salad..............$6.95
Tuna Salad............$7.25
Spicy Tuna Salad......$7.50
Island Blend Tuna Salad......$7.50
Hummus...............$6.95
Tofu Salad ............$7.25
Mediterranean chicken salad plate...$8.00
Greek Salad ..............$7.95

PLATTERS $per person

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Vegetable Platter &amp; Hummus</td>
<td>$4.00</td>
</tr>
<tr>
<td>Fresh Vegetable Platter &amp; Dip</td>
<td>$2.65</td>
</tr>
<tr>
<td>Cheese &amp; crackers platter</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cheese, grapes &amp; cracker platter</td>
<td>$3.75</td>
</tr>
<tr>
<td>Assiette de fruits frais/Fresh Fruit Platter</td>
<td>$2.75</td>
</tr>
<tr>
<td>Smoked Salmon Plate</td>
<td>$5.95</td>
</tr>
<tr>
<td>(served on lettuce with onions, lemon &amp; olives)</td>
<td></td>
</tr>
<tr>
<td>Antipasto platter</td>
<td>$4.00</td>
</tr>
<tr>
<td>(palm hearts, grilled vegetables, olives, pickles, cheese)</td>
<td></td>
</tr>
</tbody>
</table>

SALADS

Every day
- Tossed Green Salad with dressing ........ $2.00

Monday
- Chick pea red onion and tomato .............. $2.00
- Four season .................................. $2.00

Tuesday
- Black bean .................................. $2.00
- Quinoa ....................................... $2.00

Wednesday
- Mix legumes ................................ $2.00
- Tangy Coleslaw .............................. $2.00

Thursday
- Chick pea red onion and tomato .............. $2.00
- Four season .................................. $2.00

Friday
- Crudité and hummus plate .................... $3.50

SIDES

- Corn ........................................ $1.15
- Peas& Carrots ............................... $1.15
- Green Beans ................................ $1.15
- French Fries ............................... $1.75
- Quinoa ....................................... $1.30
- Pilaf Rice .................................. $1.50
- Mashed potatoes ......................... $1.15
- Rolls (Challah, Kaiser, Onion) ........... $1.15

Taxes extra
Catering

PIZZA (MINIMUM 48 hours’ notice)

18" PIZZA (8 tranches / 8 Slices)
- Plain (Mozzarella) ...........................................$22.50
- Mediterranean ............................................$22.50
  (no cheese, red onions, tomatoes, mushrooms, green & red peppers, black olives, basil, oregano, olive oil)
- Mushroom ....................................................$22.50
  (Tomatoes, Mozzarella, Mushrooms)
- Classic .......................................................$25.00
  (Mozzarella, mushrooms, green peppers)
- Duo cheese ....................................................$25.00
  (Mozzarella, cheddar, black olives, mushrooms, red onions)
- Greek .........................................................$25.00
  (Mozzarella, Feta, black olives, tomatoes, red onions, oregano, basil, olive oil)
- Pesto .........................................................$25.00
  (Tomatoes, Mozzarella, Parmesan, olive oil, basil, garlic, lemon juice)
- Rancho ......................................................$25.00
  (Mozzarella, cheddar, green peppers, avocados, leeks, tomatoes, oregano, parsley, crushed chillies, olive oil)
- Trio cheese ..................................................$25.00
  (Mozzarella, yellow & white cheddar, tomatoes, leeks)

HOT SPECIALS

*** 7 days notice to ensure the availability of these specials ***

- Dairy:
  - Burritos with guacamole & tortillas ...............$5.95
- Meat:
  - Fajita ......................................................$6.95
  - Hamburger ...............................................$5.95
  - Chicken burger .........................................$6.95
  - Club sandwich ..........................................$8.95
  - Smoke meat sandwich .................................$7.95
  - Rotisserie chicken 1/4 with BBQ gravy ............$5.65
  - Rotisserie chicken ......................................$17.00
- Daily Soup -
  - Large ..............................................$3.50
  - Small .................................................$2.00
- Rotisserie chicken combos for 4 people: ..........$29.95
  (Whole chicken with BBQ sauce, french fries and coleslaw)

Hot lunch choices

MENU SUGGESTIONS

Week 1 LUNCH (PAY WEEK)

Monday
- Nouilles Jardiniere with vegetables ...............$5.15
- Vegetarian Chili with tortilla chips ..............$4.00
Tuesday
- Chicken à la King with rice .......................$5.75
- Veal Stroganoff and mashed potato ..............$5.75
Wednesday
- Baked Salmon with rice pilaf and peas ..........$6.95
- Rotini Marinara with mixed vegetables .........$5.00
Thursday
- Meatloaf with mushroom sauce and fries .......$6.75
- Moroccan chicken and couscous ..................$6.25
- Chicken wings (6) & fries .........................$10.75
Friday
- Lentil Shepherd’s pie .................................$5.15

Week 2 LUNCH

Monday
- Baked Salmon with rice & vegetables ..........$6.50
- Meatballs and peach sauce with rice ...........$5.75
- Roast chicken and fries .........................$6.75
Tuesday
- Rotini Toscana with vegetables .................$5.75
- Quiche and rice .......................................$4.95
Wednesday
- Chicken wings (6) & fries .......................$10.75
- Roast chicken and fries .........................$6.75
Thursday
- Pasta and meat sauce ...............................$5.95
- Chicken wings (6) & fries .......................$10.75
Friday
- Tuna scalloped potatoes .........................$5.75

Taxes extra

Please contact Anna Tursi or Peter Roumeliotis at cafeteria@jgh.mcgill.ca