



Sassafras Savouries.com

Café & Catering Company

Lunch Menu

Soup...

made from scratch, using local & organic ingredients whenever possible, served with bread - our own focaccia:

- small \$5
- large \$6.50

Small Soup & Salad...

with signature focaccia

- green & leafy \$8.35
- dense \$8.35

Paninis... grilled sandwiches on 9 grain buns

- half panini \$4.50
- with soup or green salad \$7.75
- with dense salad \$8.25

Veggie... mayo, pesto, mozza, roast veggie mix (roasted veggies, artichokes and sundried tomatoes)

Sassafras... zesty mayo, mozza, pears, caramelized red onions in balsamic, arugula and brie

Tuna... mayo, Monterey jack, tuna & green onions, sliced black olives, green pepper, arugula

Salad...

made fresh daily from seasonal produce

- green, organic, leafy: small \$3.85, large \$6.25
- dense (ask for today's varieties): small \$4.50, large \$6.50
- add a salad to any entrée: \$3.25 green and leafy, \$3.75 dense

Quiche...

we make our own quiche from local, ungraded, free range eggs in a beautiful butter crust, check with your server for today's special varieties

- \$7 per slice
- with a green salad \$8.75
- with a dense salad \$9.25

Cranberry Chicken Brie... mayo, our homemade cranberry sauce, mozza, roasted chicken, cracked pepper, brie

Italian... mayo, mustard, mozza, ham, salami, onion, red and green peppers, spinach, tomato

Cordon... zesty mayo, mozza, Swiss, ham, roasted chicken, spinach

Roma... mayo, pesto, mozza, tomato slices, basil, red onion (seasonal only)

Entrees...

Chicken Thai Curry Hot Pot... Thai curry infused with lemon grass and green curry, chicken, potatoes, carrots, red pepper, yam & spinach on jasmine rice, \$10

Butter Chicken Hot Pot... creamy and delicious butter chicken on basmati rice & served with a buttered chapatti (flatbread), served with our homemade mango peach chutney, \$11.75

Mushroom Moussaka (Vegetarian)... layers of savoury mushroom- tomato filling & eggplant with a creamy Béchamel topping, served with handmade buttered pita, with tzatziki, \$10.75

Shepherd's Pie... made with local pasture-fed beef, buttered veggies & fluffy mashed spuds, \$11

Chili... your choice of vegetarian loaded with veggies and beans, or meat made with local pasture-fed, hormone-free beef, served with grated cheddar and bread, small \$6.50, large \$8.50

Crooked Crow Cheese Burger... made in-house with local pasture-fed beef, served on a toasted whole wheat kaiser bun & topped with tomatoes, lettuce onions, pickles, mustard and our special sauce, \$10.50, or deluxe - served with potato wedges, \$13

Desserts... try our famous dessert squares - ask your server for today's selection (raspberry coconut, disgustingly rich chocolate brownie, lemon, peanut butter, butter tart, date and more!) we only use unbleached or whole wheat flour and butter in our baking.

Dessert Squares:	\$2.25 to \$3.25
Fresh Baked Muffins	\$2.00
Fresh Baked Scones	\$2.50
Vegan Bars	\$3.00
Vegan Yogi Balls	\$1.75
Granola Bars	\$3.50
Biscotti	\$1.75
Espresso Cheesecake Brownies	\$3.00
Sassafras Savouries Granola (per pound)	\$3.50

Beverages...

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Coffee (Fair Trade	\$2	\$2.50	Americano	\$2.05	\$2.60
Organic)	\$2	\$2	Cappuccino	\$3.10	\$3.65
Tea (Organic Numi)	\$2.50	\$3.05	Latte	\$3.45	\$3.95
Italian Soda	\$1.50		Mocha	\$3.95	\$4.35
Pop	\$1.50		Hot Chocolate	\$3	\$3.50
Bottled Water	\$1.75		London Fog	\$3.95	\$4.35
Bottled Juice	\$1.75		Steamed Milk	\$2.50	\$3.95
San Pellegrino	\$2	\$2.75	Chai Latte	\$3.95	\$4.35
Milk	\$5	\$6	Soy Chai Latte	\$4.20	\$4.80
Smoothies			Iced Cappuccino	\$3.45	\$3.95
			Add Soy	\$0.50	\$0.50

(Our smoothies use real berries & fruit & honey blended to refreshing perfection – no fake flavours here!)