



# Lady of the Lake Lunch

## soup

Homemade stock and souper duper ingredients! Served with organic farmer bread or a fresh biscuit  
...Cup \$3.99 ...Bowl \$5.99

## quiche

A Lady of the Lake favourite!  
Served with a cup of soup or house salad plus organic farmer bread or a fresh biscuit ...\$13.99

## Lunch combo

Combination of cup of soup, house salad and "old fashioned" sandwich  
...1/2 sandwich \$11.99 ...whole sandwich \$13.99 ...gluten free bread add \$1  
(today's soup may be gluten free too)

## soup & salad combo

Cup of soup with house salad & organic farmer bread or a fresh biscuit ...\$9.99

## house salads

Always made with homemade dressing, very colourful! Served with organic farmer bread or a fresh biscuit ...small \$6.99 ...large \$9.99 ...add grilled chicken or salmon \$3.99

### WINE & CHEESE SALAD

Creamy goat cheese, red grapes, pecans & our balsamic vinaigrette on mixed greens

### CAESAR SALAD

You know it! Romaine, croutons, grated parmesan & our lemon garlic caesar dressing

### MEADOW SALAD

Mixed greens, carrots, beets, tomatoes & our balsamic vinaigrette

### SPINACH SASKATOON SALAD

Spinach, broccoli, oranges, almonds, red onion & homemade saskatoon vinaigrette

## "old fashioned" sandwiches

Made on organic multi-grain bread ...with La Cocina tortilla corn chips and homemade salsa or veggies and dip \$8.99 ...or with cup of soup or house salad \$10.99

### TURKEY & CRANBERRY

Roast turkey, cranberries, mayo & lettuce

### EGG SALAD SANDWICH

Egg salad, mayo, green onions & lettuce

### SWEET CURRIED CHICKEN SALAD SANDWICH

Diced chicken, celery, curry, raisins, almonds, mayo & lettuce

### VEGGIE HUMMUS

Carrots, beets, hummus (chick pea pate), tomato, sweet chilli sauce & lettuce. Yum!

## Italian Lasagna

Local beef, veggies, noodles, ricotta & tomato sauce prepared in our kitchen served with choice of house salad and garlic toast ...\$13.99

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## specialties

...with La Cocina tortilla corn chips and homemade salsa or veggies and dip \$12.99  
...or with cup of soup or small house salad \$14.99

### **ALL DAY BREAKFAST WRAP**

2 scrambled eggs, bacon or broccoli, tomato, potatoes, salsa, crema & melted cheddar

### **THAI CHICKEN WRAP**

Herbed chicken breast, rice, carrots, spinach, pineapple, sweet chilli sauce, Thai peanut sauce

### **PESTO CHICKEN WRAP**

Herbed chicken breast, rice, spinach, tomato, red onion, homemade ranch and pesto mayo

### **EXCALIBURGER**

A thick slice of Grandma's meatloaf on a toasted bun with sweet chilli sauce, mayo, Russian mustard, lettuce, tomato, red onion, cheddar & bacon

### **FALAFEL BURGER**

Spiced chick pea patty on a toasted bun with sweet chilli sauce, mayo, Russian mustard, lettuce, tomato, red onion and cheddar

### **CHIPOTLE CHICKEN CLUB**

Roast chicken breast, tomato, bacon, cheddar cheese & spicy chipotle mayo

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Add a cup of soup or a small house salad to any meal \$2.99 ...add a bowl of soup \$3.99

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## meal salads

Simply stunning! Served with organic farmer bread or a fresh biscuit ...\$13.99

### **CHICKEN, WINE & CHEESE**

Grilled herbed chicken breast, creamy goat cheese, red grapes, toasted pecans & our balsamic vinaigrette on mixed greens

### **CHICKEN CAESAR SALAD**

Grilled herbed chicken breast, romaine, croutons, grated parmesan & our own lemon garlic caesar dressing

### **SALMON SASKATOON SALAD**

Grilled salmon fillet, spinach, broccoli, oranges, toasted almonds, red onion & homemade saskatoon vinaigrette

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## snacks

### **ENERGY BAR**

Gluten free! Chocolate, peanut butter, honey, sesame seeds, pumpkin seeds, coconut, raisins, pecans, almonds, cranberries, cashews ...\$3

### **CEREAL BAR**

Multi-Grain Cheerios, Shreddies, peanut butter, brown sugar, sesame seeds, pumpkin seeds, coconut, raisins, pecans, almonds ...\$3

### **COOKIE**

Chocolate Chunk, Oatmeal Raisin, White Chocolate Macadamia Nut ...\$1  
or Gluten Free Cookie ...\$1.50

### **BANANA BREAD**

Banana, chocolate & pecans baked right here in our oven ...\$3.59

### **ORGANIC CINNAMON BUN**

Buttered & toasted ...\$2.99

**BISCUIT** & jam or lemon curd ...\$2.99

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## HOUSE WINE

Glass \$5.99 ...½ Litre \$12 ...Litre \$22

### RED

**Frontera Cabernet Merlot** (Chile)

*Pair with red meats*

**La Chamiza Shiraz** (Argentina)

*Pair with red meats, spicy or garlicky dishes*

### WHITE

**Frontera Sauvignon Blanc** (Chile)

*Pair with chicken, fish, vegetarian dishes or salads*

**La Chamiza Chardonnay** (Argentina)

*Pair with fish or cream sauces*

### BLUSH

**E&J Gallo White Zinfandel** (US)

*Pair with pasta or pizza*

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## SIGNATURE COCKTAILS ...\$4.99

~Lemon Berry ~ Vodka, Lemon, Cran

~Caesar ~ Vodka, Clamato, Spices

~Cuba Libre ~ Cuban Rum, Pepsi, Lime

~Mary Mo ~ Cuban Rum, Pineapple

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## DRAUGHT BEER

**ALWAYS ...\$2.99**

Moosehead, Rickard's Red

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## REFRESHING DRINKS

**Giggle Juice** ~

cranberry & ginger ale

**Limonada** ~

club soda & lime juice

**Lemonade** ~

with fresh squeezed lemon ...\$2.59

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## COLD DRINKS ...\$2.59

Iced Tea

Orange Juice

Apple Juice

Cranberry Juice

Pineapple Juice

Pepsi

Diet Pepsi

7-up

Ginger Ale

Root Beer

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## HOT DRINKS

Hot Chocolate ...\$2.99

Steamer ~ with flavour ...\$2.99

Inka ~ non-caffeinated grain coffee ...\$2

Ladybug ~ hot water, lemon, honey...\$2

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## COFFEE

Organic Fair Trade Coffee

regular or decaf...\$2

Single Double

Cappuccino \$2.99 \$3.99

Latte \$2.99 \$3.99

Mocha \$2.99 \$3.99

Espresso \$1.99 \$2.99

Flavours:

Vanilla, Hazelnut, Irish Cream ...50¢

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## TEA

Black, Green or Herbal ...\$2

Chai Tea Latte ...\$2.99

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## DESSERT

### BAKED CHEESECAKE

New York Style made right here from scratch ...\$6.99

### HOMEMADE PIE

Organic whole-wheat crust, warmed & served with gourmet vanilla ice-cream ...\$5.99

### RUM RAISIN BREAD PUDDING

Warmed & smothered in rum sauce with gourmet vanilla ice-cream ...\$4.99

### DARK DELICIOUS BROWNIE

A celiac treat everyone loves!  
warmed with ice cream ...\$4.99

### CHOCOLATE LAVA CAKE

A chocolate eruption with raspberries and gourmet vanilla ice-cream ...\$5.59

*Peek at the dessert tray for more!*

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