



DAILY LUNCH MENU

SALADS

Caesar Salad	\$3.95
Freshly dressed and served with herb roasted croutons	side order \$2.95
Mixed Greens	\$3.50
Seasonal selection of greens served with a Parmesan crisp and your choice of creamy tarragon dressing or apple cider vinaigrette	side order \$2.95
Add Chicken or Shrimp	\$1.95
The Big Cobb Salad	\$6.25
Grilled chicken, avocado, bacon, egg and blue cheese with Ranch dressing	
Shrimp and Avocado Salad	\$5.95
With spinach, watercress and orange Chili vinaigrette	

SANDWICHES

All sandwiches are served with garden fresh greens or French fries

The Vegetarian Melt	\$4.95
Grilled vegetables, bocconcini cheese, sundried tomato pesto baked on focaccia bread	
The Sourdough Clubhouse	\$5.95
Smoked turkey, bacon, tomato and lettuce, served with mixed greens or French fries	
Grilled Chicken and Provolone Ciabatta	\$5.95
Fresh chicken breast, sautéed peppers and melted Provolone	
DAILY SOUP, SALAD AND SANDWICH SPECIAL	\$5.50

HOMEMADE BURGERS

All burgers served with your choice of fries or mixed greens
Add cheddar or mushroom 0.50 extra or bacon 1.00 extra

Big Beef Burger	\$6.25
Homemade 5 oz patty on a freshly baked whole-wheat bun, served with all the fixins' Including our famous frizzled onions	
Thai Lemon Chicken Burger	\$6.25
Fresh chicken breast marinated in a lemon grass and ginger sauce, grilled right and served all dressed on a Kaiser bun	
Veggie Burger	\$5.75
A 5 bean patty served with guacamole, tomato and lettuce on our whole wheat burger bun	

"BUILDING SKILLS, CREATING JOBS"

Phone 604 696 9096 Fax 604 696 9097
374 POWELL STREET, VANCOUVER, BC V6A 1G4
www.foodandservice.net



TRAINING, DEVELOPMENT & CONSULTING



DAILY LUNCH MENU

ENTRÉES

Mexican Breakfast Burrito	\$4.95
Three farm fresh eggs scrambled with peppers, onions served with hash brown potatoes mixed greens, salsa and sour cream	
Beef and Noodle Yaki Soba	\$6.25
Tender beef brisket, Shanghai noodles and peppers in a sweet soy sauce	
Halibut & Chips	\$7.95
Lightly battered West Coast halibut, served with a 3 cabbage slaw, tartar sauce and fries	
Grilled Chicken Quesadilla	\$5.95
Tex-Mex style grilled chicken and banana peppers in a flour tortilla, served with fresh salsa and sour cream	
Veggie Stir fry	\$5.25
An array of fresh vegetables, stir-fried to order, with rice pilaf	
Chinese BBQ Pork and Shrimp Won Ton	\$5.95
Served with bok choy, noodles simmered in a rich chicken broth	
Mediterranean Vegetable Pizza	\$5.95
Pesto, artichokes, fresh sundried tomatoes, black olives and Feta cheese on a crisp thin crust	
Texas Beef and Onion Pizza	\$5.95
Sirloin beef, caramelized onions and peppers smothered in a Smokey BBQ sauce topped with mixed cheeses on a homemade crust	

WEEKLY SPECIALS

WEEK 1

Cream of Turkey & Roasted Garlic	\$2.95
Peppered Strawberry Salad	\$5.75
Grilled Seafood Skewers	\$7.95
Tomato & Chorizo Arrabbiata with Penne	\$6.95

WEEK 2

Tomato Basil Bisque	\$2.95
Madras Curried Chicken & Apple Salad	\$5.95
Maple Miso glazed Salmon	\$7.95
Seafood Fettuccini	\$7.75

WEEK 3

Thai Hot & Sour Chicken Soup	\$2.95
Greek Stacked Salad Plate	\$5.75
West Coast Chopino	\$7.95
Potato Gnocchi with Arugula, Walnuts & Blue Cheese	\$6.95

WEEK 4

New England Clam Chowder	\$2.95
Wilted Spinach & Mushroom Salad	\$5.95
Baked Red Pepper Thai Red Curry Sauce	\$7.95
Chicken & Broccoli with Pesto Rotini	\$6.95