

## Lunch & Dinner

11am till close

GF / Gluten Free  
CBGF / Can Be GF  
VG / Vegetarian  
DF / Dairy Free

**hot soups** made fresh daily, please ask our staff for availability 15

**chicken broth with matzo balls or kraplach & noodles** GF DF **chicken & vegetable** GF DF, **lentil** GF VG DF, **chicken & sweet corn** DF, **mushroom & barley** VG DF, **minestrone** VG DF **pumpkin** VG DF GF, **cabbage & veal** DF GF, **russian borscht** VG DF, **bean** DF VG GF, **pea** DF VG

### mains

**housemade gnocchi** - bolognese, vegetable or creamy mushroom 18

**Penne w/meatballs** - Penne pasta with spinach, napoli sauce and traditional meatballs 17

**spinach ricotta cannelloni** - rolled and baked pasta filled with spinach and ricotta, topped with Napoli sauce and cheese 16

**beef cannelloni** - beef and spinach rolled and baked in pasta with napoli and topped with bechamel sauce 20

**beef lasagne** (kids favorite) - layers of fresh pasta and our famous bolognese smothered in dairy free béchamel sauce DF 22

**vegetable lasagne** - pumpkin, zucchini, carrot, sweet potato, mushroom, onion, layed with napoli and béchamel sauce VG 18

**sweet and sour chicken** (our best seller) breast or maryland cooked in our special sweet & sour marinade 22

**vegetable frittata** - chefs choice of seasonal vegetables baked with egg & cheddar cheese VG GF 16

**chicken schnitzels** - a thin slice of chicken breast lightly bread crumbed (GF avail.) 20

**sticky top rib** - marinated beef ribs then slow cooked DF 22

**pulled brisket** - beef brisket cooked for 8hrs with rustic DF GF 23

**roast beef** - Succulent roast beef served in its own juices DF 22

**veal goulash** - D'lish style veal stew slow cooked with carrots and spices DF 23

*all meals are served with your choice of creamy mash, seasonal vegetables, hot chips or salad*

### hot potato chips

small / large 6 / 7.5

### sandwiches

fresh, toasted or make your own (GF available)

**chicken mango** - fresh chicken, avocado, tomato, lettuce, mango mayo 13.5

**pastrami on rye** - peppered pastrami, pickle, seeded mustard 13.5

**open smoked salmon** - cream cheese, red onion, lettuce, dill mayo 13.5

**toasted swiss** cheese with tomato, fresh basil 9

**schnitzel sanga** - freshly cooked schnitzel, pickle, slaw & mayo GF available 16

**b.l.a.t** - Brisket, Lettuce, Avocado, Tomato (choice of condiment) 13.5

**tuna melt** - cooked tuna, red onion, sweet corn, dill, mozzarella cheese 12.5

**falafel pide** - feshly cooked falafel, hummus, tahina, coleslaw, israeli salad (chili optional) 12.5

**d'lish style ruben sanga** - lightly toasted rye bread, kosher pastrami, sauerkraut, some pickle, horseradish mayo 14.5

### salads

(may contain vinegar)

**salad plate for one** - your choice of up to five salads 15.5

**salad plate for two** - your choice of up to seven salads 22.5

**side salad** 8

**coleslaw** (no mayo) GF VG DF, **russian potato** GF VG DF, **sweet potato & snowpea** GF VG DF, **israeli** GF VG DF, **asian cabbage** GF VG DF, **broccoli** GF VG DF, **wild & brown rice** GF VG DF, **chicken waldorf** GF DF, **quinoa & vegetable** GF VG **salad of the day**

## Coffee, Tea & CHOCOLATE

**coffee** espresso & milk based espresso

<b>black</b>		<b>white</b>	
espresso, ristretto	3.5	cafe latte, 3/4 latte,	
long black	4.0	flat white, cappuccino	
		piccolo	4.0
<b>semi-black</b>		<b>semi-white</b>	
short & long macchiato	4.0	mocha	4.5
		baby-cino	1.5
hot chocolate	4.0		
soy, almond, lactose free	50c		
extra shot	50c		

**teas** loose leaf selection by T2

"Calmer Sutra" chai	5
english breakfast, earl grey, peppermint, chamomile, lemongrass & ginger, jasmine green	4.5

## Cold Drinks

**freshly squeezed juices** 7.5

olga - orange, lemon, ginger, apple  
wake up - apple, carrot, celery, ginger  
health kick - beetroot, carrot, orange  
refresh - watermelon, mint, pineapple  
fruitful - all the fruits

blend your own - orange, apple, watermelon, pineapple, mint, carrot, celery, ginger, beetroot, lemon

### milkshakes

chocolate, strawberry, caramel, vanilla, lime & blue heaven  
sml 4.5 / lge 6.5

iced chocolate, iced coffee, iced mocha 6.5

### soft drinks & mineral waters

a large variety of drinks can be located from one of our fridges near the front counter