



Well Fed Menu 2020/2021

Hot Entrées

Soup & Chili (reg- 8 oz, lg- 12 oz)

Turkey Chili *dairy free	reg- \$4.45	lg- \$5.50
Tomato Soup V	reg- \$3.45	lg- \$4.50
Chicken Noodle Soup	reg- \$3.70	lg- \$4.75
Chicken Soup with Rice GF	reg- \$3.70	lg- \$4.75

Add: *New! Brioche Bun* - \$1.20

Pasta (reg-8 oz, lg- 12 oz)

Penne with Parmesan + Butter V	reg- \$3.65	lg- \$4.75
Macaroni + Cheese *made w/ real milk + cheddar V	reg- \$3.95	lg- \$4.95
Baked Penne w/ Tomatoes, Spinach + Mozzarella V	reg- \$4.15	lg- \$5.20
Meat Rotini *dairy free	reg- \$4.70	lg- \$5.75
Pasta with Alfredo Sauce	reg- \$4.15	lg- \$5.20

GF Gluten-Free Pasta Available + \$1.00

Mexican

Chicken <u>or</u> Beef Burrito- made with a 10" tortilla	reg- \$4.45	lg- \$5.50
Cheese Quesadilla- made with a 10" tortilla V	one size only- \$3.70	
Cheese Quesadilla + Bean- made with a 10" tortilla V	one size only- \$3.70	
Chicken Quesadilla- made with a 10" tortilla	one size only- \$4.75	

Whole Wheat Available for Quesadillas, **GF** Gluten-Free Quesadillas Available +\$1.00

International

New! Chicken Souvlaki with Mixed Veg and Lemon Potatoes GF	reg- \$5.15	lg- \$6.20
Pulled Braised Beef w/ Mashed Potatoes	reg- \$5.15	lg- \$6.20
Butter Chicken + Rice GF	reg- \$5.15	lg- \$6.20
Butter Chickpea + Rice GF V	reg- \$4.70	lg- \$5.70
Chicken Fried Rice GF	reg- \$4.70	lg- \$5.70
New! Tofu Vegetable Fried Rice GF V	reg- \$4.70	lg- \$5.70
Veggie Samosa with Mango Dipping Sauce V	one size- \$4.45	

For more information about our menu and/or ingredient list please contact us.



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Cold Entrées

New-Brioche Sandwiches

**All chicken is baked off and sliced in house (unprocessed, hormone and antibiotic free)*


New! BBQ Chicken Sandwich- Chicken, Cheese, Lettuce & BBQ Sauce on Brioche 4" - \$3.70 8" - \$6.50

New! Chicken Sandwich- Chicken, Lettuce, Tomato and Mayo on Brioche 4" - \$3.70 8" - \$6.50


Wraps - white or whole wheat please specific type in description

Chicken Caesar Wrap reg- \$3.95 lg- \$4.95

Ranch Chicken Cheddar Wrap reg- \$3.95 lg- \$4.95

Vegetarian Wrap  reg- \$3.95 lg- \$4.95

Salads

Caesar Salad  one size only (16 oz)- \$3.45

Chicken Caesar Salad one size only (16 oz)- \$4.50

Greek Salad   one size only (8 oz) - \$4.50

 *Gluten free option for Caesar Salads – No Croutons*

Add: Baked Pita Chips w/ Homemade Tzatziki-\$1.85

Add: New! Brioche Bun- \$1.20

Snack Packs

Mini Bagels + Cream Cheese w/ Veg + Ranch Dip  one size only- \$4.45

Mixed Snack Pac one size only- \$4.65

(Egg, Cheese, Apple Slices, Snap Peas, Pita Bread & Tzatziki)

Sides

Baked Pita Chips w/ Homemade Tzatziki \$1.85

Vanilla Yogurt \$2.35

Yogurt Parfait \$2.95

Brioche Bun \$1.20

Savoury Broccoli and Cheddar Muffin \$1.30

Apple Sauce with Cinnamon \$1.30

For more information about our menu and/or ingredient list please contact us.




In-House Baked Goods & Fruit and Veggies

Baked Goods **Made In House*

Cookies

Chocolate Chip Oatmeal Cookie	\$1.20
Ginger Cookie	\$1.20

Muffins and Bars

Chocolate Zucchini Muffin	\$1.30
Banana Chocolate Chip Muffin	\$1.30
Broccoli Cheddar Muffin	\$1.30
Granola Bar 	\$1.30
Blueberry/Raspberry Oat Bar	\$1.30

Loaves

Banana Bread	\$1.55
Lemon Blueberry Loaf	\$1.55

Fruit & Veggies

Seasonal Fresh Fruit Cup  	reg- \$1.30	lg- \$2.35
Veggies  	reg- \$1.30	lg- \$2.35

DRINKS

2% Milk	\$1.35
1% Reduced Sugar Chocolate Milk	\$1.60
Apple Juice, Wild berry and Strawberry Banana Juice	\$1.15

****All pricing includes condiments & utensils as needed, printing (labels and work orders), labelling, delivery and bin pick up (same day or next). Extra fees may apply for additional services. Payments are due the day of delivery. We accept cash, cheque and e-mail transfer at no additional cost. For Visa, Mastercard, Visa Debit, Pay pal an additional 2.75%.***



Well Fed Menu Reference Guide Allergies and/or Dietary Restrictions

Gluten-Free Options

Turkey Chili

Chicken Soup w/ Rice

* Rice Tortilla Quesadillas

Chicken Fried Rice served w/ Gluten Free Soy Sauce

Greek Salad

Caesar or Chicken Caesar Salads—*without Croutons*

Butter Chicken w/ Rice

Chicken Souvlaki with Mixed Veg and Lemon Potatoes

* *Gluten-Free Pasta + Quesadillas Available \$1.00 extra*

Vegetarian Options

Mac + Cheese

Cheese Quesadilla

Greek Salad

Caesar Salad

Mini Bagels w/ Cream Cheese + Vegetables

Mixed Snack Pac

Vegetarian Wrap

Baked Penne w/ Tomatoes + Spinach

Tofu Vegetable Fried Rice

Butter Chickpea with Rice

Veggie Samosa with Mango Dipping Sauce

Vegan Friendly Options

Vegetarian Wrap

Veggie Samosa with Mango Dipping Sauce



Vegan



Vegetarian



Gluten-Free