



Well Fed Menu & Pricing – September 2025

Hot Entrées

Burgers & Hot Sandwiches **made with 100% beef, no fillers and real cheese*


Pulled Beef Flatbread Sandwich with Double Cheddar Cheese

100% Beef Burger on Sesame Bun - 4 oz patty

100% Beef Burger with Real Cheddar Cheese on Sesame Bun - 4 oz patty


**All Burgers include a side of ketchup*

Pasta (reg-8 oz, lg- 12 oz) **All of our pastas use real cheese and dairy*

Pasta with Parmesan & Butter 

Double Cheddar Mac & Cheese **made w/ real milk & cheddar* 

Pasta with Tomato Sauce 

Pasta with Tomato Sauce with Mozzarella Cheese 

Pasta with Meat Sauce **dairy free, contains beef and pork*

New! Pasta with Meatballs & Tomato Sauce **dairy free, 3 all beef meatballs*

Gluten Free Pasta Available for any pasta 

Mexican **All our quesadillas are made real double cheddar cheese*

Mexican Street Quesadilla with Beef and Corn - two 10" tortillas & side salsa

Chicken or Beef Burrito - One 10" tortilla

Cheese Quesadilla - One 10" tortilla 

Cheese & Bean Quesadilla - One 10" tortilla 

Chicken & Cheese Quesadilla - One 10" tortilla



New! Mexican Beans with Veggies and Rice - 12oz  

Gluten Free Tortilla Available for all Quesadillas 

Whole Wheat Tortilla Available for all Quesadillas

International and Mixed Menu (reg - 12 oz, lg - 16 oz)

Butter Chicken with Rice 

Butter Chickpea with Rice  

New! Teriyaki Chicken with Veggies and Rice 

New! Teriyaki Tofu with Veggies and Rice  

Veggie Samosa with Mango Dipping Sauce 

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

Turkey Chili **dairy free* 

Red Lentil Dahl  

Chicken Noodle Soup



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Cold Entrées

Sandwiches

**All chicken for sandwiches and wraps is baked and sliced in house. All our meats are hormone and antibiotic free*

New! Bagel with Cream Cheese - Multigrain Bagel and Cream Cheese 

BBQ Chicken Sandwich - Chicken, Cheese, Lettuce & BBQ Sauce on Brioche

New! Cheddar Cheese on Croissant - Cheddar Cheese on a Locally Made All Butter Croissant 

Ham & Cheddar Cheese on Croissant - Ham & Cheese on a Locally Made All Butter Croissant

Turkey & Cheddar Cheese Bagel - Turkey, Cheddar Cheese, Lettuce and Mayo, Multigrain Bagel

Wraps



Chicken Caesar Wrap - Chicken, Romaine Lettuce, Parmesan Cheese & Caesar Dressing

Ranch Chicken Cheddar Wrap - Chicken, Romaine Lettuce, Cheddar Cheese, Red Pepper & Ranch Dressing

Vegetarian Wrap - Romaine Lettuce, Rice, Avocado, Black Beans and Sals 

Whole Wheat Tortilla Available


Salads

Garden Salad w/ Honey Lime Dressing – Romaine Lettuce, Cucumber, Grape Tomato, Shredded Carrot, Dressing  


New! Chicken Garden Salad w/Honey Lime Dressing - Chicken, Romaine, Cucumber, Grape Tomato, Shredded Carrot, Dressing 

Caesar Salad - Romaine Lettuce, Parmesan Cheese, Croutons & Caesar Dressing

Chicken Caesar Salad - Chicken, Romaine Lettuce, Parmesan Cheese, Croutons & Caesar Dressing

Gluten Free option available for Caesar Salads - No Croutons 

Snack Packs

Mini Bagels & Cream Cheese w/ Veggies & Hummus - 2 Mini Bagels, Cream Cheese, Veggies, Hummus 

Mixed Snack Pac - Egg, Cheese, Apple Slices, Snap Peas, Pita Bread & Hummus 

Sides

Baked Pita Chips with Hummus 

Vanilla Yogurt  

Yogurt Parfait 

Cheese & Chive Scone 

Apple Sauce  



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Baked Goods, Fruit, Veggies & Drinks

Baked Goods - *Made In House*

Cookies - all vegetarian

Chocolate Chip Oatmeal Cookie

Ginger Cookie

Power Cookie

Muffins and Bars - all vegetarian

Chocolate Zucchini Muffin

Banana Chocolate Chip Muffin

Granola Bar

Loaves - all vegetarian

Banana Bread

Lemon Blueberry Loaf

New! Chai Spice Loaf

Fruit & Veggies - all Gluten Free and Vegan

Banana - Whole

Seasonal Fresh Fruit Cup 8oz

Veggies

Veggies with Hummus

Drinks

2% Milk

1% Chocolate Milk

Apple Juice, Wild Berry and Strawberry Banana Juice

- *All pricing includes condiments if needed, printing (labels and work orders), labelling, delivery and bin pick up (same day or next). Salsa and Sour Cream available for Quesadillas only.*
 - *Minimum delivery of \$200.00. If under minimum delivery, delivery charges will apply.*
 - *Prices are subject to change.*
 - *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 3.00%.*



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Well Fed Menu Reference Guide Allergies and/or Dietary Restrictions



Gluten-Free Options

Butter Chicken or Chickpea with Rice
Caesar or Chicken Caesar Salads - without Croutons
Garden Salad with Honey Lime Dressing with or without Chicken
Gluten Free Pasta (any pasta)
Mexican Beans with Rice and Veggies
Power Cookie
Red Lentil Dahl
Rice Tortilla (Quesadillas only)
Teriyaki Chicken with Rice and Veggies
Turkey Chili



Vegetarian Options

Bagel with Cream Cheese
Butter Chickpea with Rice
Caesar Salad
Cheese or Cheese & Bean Quesadilla
Croissant with Cheese
Double Cheddar Macaroni & Cheese
Garden Salad with Honey Lime Dressing
Mini Bagels with Cream Cheese & Vegetables
Mixed Snack Pac
Pasta with Parmesan & Butter
Pasta with Tomato Sauce & Mozzarella



Vegan Friendly Options

Apple Sauce, Fruit and Veggies
Baked Pita Chips with Hummus
Granola Bar
Mexican Beans with Rice and Veggies
Pasta with Tomato Sauce
Red Lentil Dahl
Teriyaki Tofu with Rice and Veggies
Vegetarian Wrap
Veggie Samosa & Mango Sauce



Gluten Free



Vegetarian



Vegan



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