

Breakfast Menu *served until 11:00am*

Ask about our gluten free and vegetarian alternatives.
Gluten free bread is available with an additional cost of \$1.50

Fruit Salad _____ \$5.00
In season fruit

Yogourt, Granola and Fresh Fruit _____ \$7.00
Homemade granola and in-season fruit salad

Croissant with Preserves and Honey Butter — \$4.00
Baked in house with Inspire's homemade preserves

Fresh Muffin _____ \$3.00
Served with honey butter

Toast and homemade preserves _____ \$3.00
Choose from a selection of available breads

Breakfast Sandwich _____ \$8.00
In house baked croissant filled with cheese, potato patty, bacon or ham, egg and our special sauce

Lunch Menu *available after 11:00am*

Soups

Inspire Lentil Soup _____ \$5.00/\$6.00
Small or large bowl served with a homemade bun or crackers

Soup of the Day _____ \$5.00/\$6.00
Small or large bowl served with a homemade bun or crackers

Salads

Add toasted garlic baguette to any salad for \$1.50

Soup and Salad _____ \$9.00
Small bowl of soup and a small tossed, caesar or daily salad

Tossed Salad _____ \$6.00/\$9.00
A selection of in season vegetables served over a bed of lettuce with our house dressing

Caesar Salad _____ \$6.00/\$10.00
Romaine lettuce tossed with our in house caesar dressing, homemade croutons and freshly grated parmesan cheese
Add bacon \$2.00
Add chicken \$3.00

Club Salad _____ \$10.00
All of the ingredients that belong on our club sandwich; ham, chicken, bacon and tomatoes served on a bed of lettuce with our house dressing

House Salad _____ \$10.00
Grated cheese and sliced egg with a selection of in season vegetables served over a bed of lettuce with our house dressing

Inspire Café

Breakfast Wrap _____ \$8.00
An egg scrambled with shredded hash-browns, peppers, green onions add cheese and salsa, grilled in a wholewheat tortilla.
Served with sour cream and hot sauce.
Make it two eggs for \$1.00
Add bacon or ham for \$2.00

Breakfast Frittata _____ \$8.00
A crustless potato and vegetable filled tart baked golden brown served with toast or a small fruit cup.
Add "Inspired" ham or bacon hash for \$3.00

Inspired Hash _____ \$6.00
Crispy potatoes, onions, peppers and your choice of ham or bacon

Sandwiches

All sandwiches are served with our soup or salad of the day

Curried Egg Salad on Raisin Bread _____ \$9.00
A delicious blend of sweet and savoury - Eggs, onions, celery in a curry mayonnaise

Grilled Three Cheese _____ \$9.00
Cheddar, swiss and fried egg on thick slices of French loaf

Grilled Egg and Cheese _____ \$9.00
Cheddar, swiss and fried egg on thick slices of french loaf

Bacon, Lettuce and Tomato _____ \$9.00
Peppery bacon, thick cut tomatoes, lettuce and mayo on one of our daily selection of available breads

Veggie Wrap _____ \$9.00
Hummus, selection of in season vegetables and cream cheese wrapped in a whole wheat tortilla shell

"Inspired" Club Sandwich _____ \$10.00
Oven roasted chicken, ham, bacon, tomato, lettuce and mayonnaise. Served on one quarter of a French loaf

Philly Cheesesteak Sandwich _____ \$10.00
Beef sautéed with our "inspired" onions and peppers, pimento cheese and melted cheddar all served on a warm Italian loaf

Cuban Panini _____ \$10.00
Sliced and mojo marinated roast pork, ham, swiss cheese, pickles and mustard grilled on a large kaiser

Macaroni and Cheese _____ \$8.00
Made with a selection of cheeses in a creamy sauce
Served with a tossed or caesar salad \$2.00