

Inspire Café

Lunch Menu

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Ask about our gluten-free and Vegetarian alternatives.
Gluten free bread is available with an additional cost
of \$1 per slice/\$2 per sandwich.
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Soups

Inspire Lentil Soup \$6/\$8
Small or large bowl served with a homemade bun
or crackers

Soup of the Day \$6/\$8
Small or large bowl served with a homemade bun
or crackers

Salads

Soup and Salad \$10
Small bowl of soup and a small tossed, Caesar
or daily salad

Tossed Salad \$7/\$10
A selection of in season vegetables served over
a bed of lettuce with our house vinaigrette

Caesar Salad \$7/\$10
Romaine lettuce tossed with our in house Caesar dressing,
homemade croutons and grated parmesan cheese

Club Salad \$12
All of the ingredients that belong on our club sandwich;
ham, chicken, bacon and tomatoes served on a bed of
lettuce with our house vinaigrette

House Salad \$12
Grated cheese and sliced egg with a selection of in season
vegetables served over a bed of lettuce with our house
vinaigrette

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Salad add ons:

One slice garlic toast \$1.5
Homemade cheese bun \$1.5
Hard-boiled egg \$2
Bacon \$2.5
Chicken \$3.5
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Sandwiches

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

Curried Egg Salad on Raisin Bread \$10
A delicious blend of sweet and savoury - eggs,
onions, celery in a curry mayonnaise

Grilled Three Cheese \$10
Cheddar, Swiss and Brie between thick slices
of French loaf

Grilled Egg and Cheese \$10
Cheddar, Swiss and egg between thick slices
of French loaf

Bacon or Ham, Lettuce and Tomato \$10
Peppery bacon or thin sliced ham, thick cut tomatoes
and mayo on whole wheat toast

Veggie Wrap \$10
Hummus, selection of in season vegetables and
cream cheese wrapped in a whole wheat tortilla

"Inspired" Club Sandwich \$11
Oven roasted chicken, ham, bacon, tomato, lettuce and
mayonnaise. Served on one quarter of a French loaf

Philly Cheesesteak Sandwich \$11
Beef sautéed with our "inspired" onions and peppers,
pimento cheese and melted Swiss all served on a warm
Italian loaf

Cuban Panini \$11
Sliced and mojo-marinated roast pork, ham, Swiss
cheese, pickles and mustard grilled on a large kaiser

Macaroni and Cheese \$10
Made with a selection of cheeses in a creamy sauce
Add a tossed or Caesar salad for only \$2