



VEGETARIAN'S DELIGHT

Cabbage Rolls - 2 pcs

2 cabbage rolls stuffed with rice served with our homemade tomato sauce, shredded mozzarella cheese + side salad

Stuffed Peppers

Green Peppers stuffed with rice, served with our homemade tomato sauce, shredded mozzarella cheese + side salad OR Bagel

Vegetarian Chili

Lots of beans, veggies, simmered & spiced + Bagel, Bread or Roll

Kasha & Onions

An old time favorite - Buckwheat with fried onions

Eggplant Parmesan

Breaded eggplant served with our homemade tomato sauce + shredded mozzarella cheese. Includes bBagel + side salad

Mushroom Knishes 2 pcs

Potato stuffed with our own homemade mushroom sauce + side salad OR Bagel, Bread or Roll

Vegetarian Lasagna

+ side salad OR Bagel, Bread or Roll

Falafel Sandwich or Platter

4 falafel, coleslaw, pickle + tahina served with pita



PLATTERS

Bagel Plus Platter

Scoop of Egg, Tuna, Salmon + 2 Bagels, Bread or Rolls

Diet Plus Plate

Scoop of cottage cheese, egg salad + choice of salmon, tuna or lox + 2 Bagels, Bread or Rolls

Lox + Cream Cheese Platter

Garnished with lettuce, tomato, cucumber, red onion (capers optional)

3 SLICE - + choice of 1 bagel, bread or roll

4 SLICE - + choice of 1 bagel, bread or roll

6 SLICE - + choice of 2 bagels, bread or rolls

Hummous Tahina Platter

A helping of homemade hummous, dab of tahina, hot peppers + pickles with pita

Middle Eastern Platter

Hummous, tanina 4 falafel + israeli salad with pita

White Fish Salad Platter

Scoop of white fish on a bed of lettuce, garnished with tomato, cucumber, onion + Bagel, Bread or Roll

Sardine Platter

Sardines in spring water on a bed of chickpea salad



SALADS

REGULAR

LARGE

Greek Salad

Iceberg/romaine lettuce topped with feta cheese, tomato, cucumber, hard boiled egg, olives, with our famous anchovie dressing + Bagel, Bread or Roll

Spinach Salad

Fresh spinach topped with a scoop of chopped egg, mushrooms, shredded mozzarella cheese, sliced tomato, cucumber & onion with our homemade creamy white dressing + Bagel, Bread or Roll

Caesar Salad

Crisp romain lettuce topped with our homemade croutons and creamy caesar dressing + Bagel, Bread or Roll

Kale Salad

Green kale, red & green cabbage, cranberries, sunflower seeds, + our homemade honey mustard poppy seed dressing (*We suggest having the dressing mixed in - to soften the kale)

Chef Salad (No bagel included)

Iceberg/romaine lettuce topped with carrots, cucumber, tomato, radish. Choice of french, italian or thousand island dressing

Chickpea Salad

Hearty chickpeas, tomato, cucumber, red onion, garlic croutons, parsley, sliced hard boiled egg, + tahina with our lemon vinaigrette dressing

Veggies + Cottage Cheese - Farmers Salad

Sour cream or yogurt with tomato, cucumber, red onion, carrots, radish + Bagel, Bread or Roll

FROM THE SEA



Fish & Chips

1 pc Haddock. Includes coleslaw

Baked Carp

Includes bagel, bread or roll + coleslaw

Salmon Patties

With our homemade tomato sauce. Includes side salad + bagel, bread or roll

Pickled Herring

Schmaltz Herring

A salty favourite!

Gelfite Fish

Homemade - Not from a jar!

Boiled White Fish

Includes side salad, + bagel, bread or roll.

Rainbow Trout

With butter, mushrooms + almonds



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