

# Packed Lunch Menu



Perfect for a picnic onsite or to take with you on an adventure exploring the Peggy's Cove area and beyond!

## 24 HOUR NOTICE REQUIRED FOR ALL ORDERS UNLESS NOTED

Please let us know about any allergies or dietary concerns when ordering

**V** - Vegetarian **Ve** - Vegan **GF** - Gluten Free

## The Full Basket - \$23 per person

*Includes choice of salad & sandwich plus a fresh baked cookie, granola bar, crisp apple, and bottle of water*

### Sandwiches:

- Roast Beef, Onion Jam, Horseradish Aioli, Cheddar
- Smoked Turkey, Sun Dried Tomato Aioli, Fresh Basil, Provolone
- Roast Chicken, Dijon Aioli, Apple, Brie
- Marinated Roasted Vegetables, Herb Goat Cheese **Ve Optional**
- Egg Salad, Chopped Gherkins, Smoked Paprika, Crumbled Bacon **V Optional**
- Ham, Swiss, Dijon Aioli
- Classic BLT
- Genoa Salami, Provolone, Tomato, Mayo, Mustard

### Salads:

- Moroccan Couscous with Warm Spices, Candied Fruit and Fresh Herbs **Ve**
- Caesar with Homemade Dressing, Olive Oil Croutons, Crispy Smoked Bacon **V Optional**
- Italian 5 Bean with Herbs, Diced Sweet Onion and Pepper in a Honey Balsamic Dressing **Ve GF**
- Oceanstone Garden Salad; Baby Field Greens, House Pickled Onions, Beets, Goat Cheese, Spiced Pecans and our Bulwark Cider Vinaigrette **Ve GF**

## A la Carte Options

All sandwiches are available with **GF** bread upon request

### Sandwiches - \$10

- Roast Beef, Onion Jam, Horseradish Aioli, Cheddar and Baby Greens
- Smoked Turkey, Sun Dried Tomato Aioli, Fresh Basil, Provolone and Baby Greens
- Roast Chicken, Dijon Aioli, Apple and Brie
- Marinated Roasted Vegetable Wrap with Zucchini, Bell Peppers, Eggplant, Baby Spinach and Herb Goat Cheese **V**
- Egg Salad with Chopped Gherkins, Smoked Paprika, Crumbled Bacon and Romaine **V Optional**
- Ham, Swiss, Dijon Aioli and Romaine
- Classic BLT
- Genoa Salami, Provolone, Tomato, Mayo, Mustard and Chopped Olive
- Ruben; Smoked Meat, Sauerkraut, Swiss with Russian Dressing
- Chicken Salad Wrap with Lemon, Dill, Dijon, Sun Dried Tomato, Celery, Onion and Mayo
- Spiced Black Bean Wrap with Tomato, Coriander, Baby Greens, Cumin and an Olive Oil Herb Vinaigrette **Ve**

### Salads - \$10

- Moroccan Couscous **Ve**
- Housemade Caesar **V Optional**
- Italian 5 Bean **Ve**
- Oceanstone Garden Salad **V GF**
- Chickpea Salad with Romaine, Tomato and Pecorino Cheese with a Red Wine Vinaigrette **V GF**
- Mediterranean Quinoa Salad with Cucumbers, Sweet Onion, Tomato, Green Onion, Kalamata Olives, Feta Cheese and a Fresh Basil & Lemon Vinaigrette **V GF**
- Pesto Pasta Salad with Sundried Tomatoes, Roasted Red Peppers, Baby Spinach and Parmigiana **V**

### Power Smoothies - \$7

#### Green Machine

Fresh greens, juiced berries, cucumber, apple and celery **Ve GF**

#### PB&J

Peanut butter, banana, blueberries and almond milk **Ve GF**

#### Rise & Shine

A shot of espresso, ice, almond milk, almond butter, honey, and chocolate **V**

All prices subject to 15% HST