

# #THECORE

## ≡ QUICK BITES ≡

- V Cauliflower Bites \$6.89**  
Crispy battered cauliflower with ranch.
- V Mozzarella Sticks \$6.89**  
With marinara sauce.
- V Veggie Quesadilla \$6.89**  
Served with salsa and sour cream.  
Add Chicken for \$2.29
- V Fresh Cut Veggies \$4.49**  
Served with a pita and hummus.
- Chicken Fingers w/Fries \$9.19**  
With plum sauce.
- Chicken Zingers w/Fries \$9.19**  
Mild, Medium, Hot, or Honey Garlic.
- V Power Bowl \$7.49**  
Quinoa, rice noodles, a selection of veggies. Choice of Chicken OR Falafel, and Tahini Sauce OR Balsamic Vinaigrette.

## FLAT BREAD

- V Margherita \$6.89**  
Pizza sauce, bocconcini cheese, basil and extra virgin olive oil.
- Pepperoni \$6.89**  
Pizza sauce, dry cured pepperoni and shredded cheese.

**GF** Gluten-Free **V** Vegetarian

## ≡≡≡ HANDY ≡≡≡ SANDWICHES

- V Grilled Cheese \$8.75**  
Melted cheese on crispy multigrain bread.
- BLT \$6.89**  
Bacon, lettuce and tomato on sliced bread.
- Chicken Club 'Burger' \$9.19**  
Breaded chicken on a bun with bacon, lettuce, and tomato.
- Hamburger \$8.49**  
Lettuce, tomato, onion and pickle.  
Add Cheese \$1.00. Add Bacon \$1.00
- V Veggie Burger \$7.49**  
Lettuce, tomato, onion and pickle.
- Buffalo Chicken Wrap \$8.59**  
With tomato and blue cheese dressing.
- Pulled Pork \$9.19**  
In barbecue sauce with pickles and coleslaw.
- V Falafel Wrap \$8.59**  
Crispy falafel with tomato, pickle, lettuce, and hummus.

*\*Served with your choice of Fries, Salad or Fresh Cut Veggies\**

## INTERNATIONAL

- V Chana Masala w/Basmati \$6.89**  
Traditional chickpea curry, cucumber raita.
- Chicken Shawarma Bowl \$9.19**  
Spiced chicken & fresh vegetables with rice and garlic sauce.
- V Veggie Samosa \$7.49**  
With mango chutney and yogurt.
- V Vegan Jamaican Patty \$7.49**  
Vegetable filling in a flaky crust, with your choice of salad or fries.

## POUTINE & FRIES

- V Classic Poutine \$6.89**  
Fries, gravy and real cheese curds.
- Pulled Pork Poutine \$9.19**  
Poutine with pulled pork.
- The Klucker \$9.19**  
Poutine with crispy chicken, bacon, jalapeno and BBQ ranch sauce.
- Fry Basket S \$3.39 / L \$4.89**

## FRESH SALAD

- V Garden Salad \$6.89**  
Baby greens, fresh vegetables and your choice of dressing.  
Add Chicken for \$2.29
- V Caesar Salad \$6.89**  
Add Chicken for \$2.29