

Sandwiches 8

(add any side for 2.5)

Roasted Chicken and Artichoke

Artichoke, spinach, red pepper aioli, whole wheat Panini

Meatball

Pesto, marinara, provolone, olive oil Panini

Tuna Melt

Mozzarella, chili-cheddar bread

Prosciutto and Brie

Balsamic figs, caramelized onions, arugula, baguette

Our daily special sandwich. (ask us)

To share (11 am- Close MON-FRI)
(3 pm- Close SAT & SUN)

Cheese & Butcher Board 12

Daily selection of meats and cheeses

Hummus 7

With warm Sangak flatbread

Sangak Flatbread

Tomato & feta 9

Bacon & caramelized onion 10

Pesto, mushrooms & goats cheese 10

Sides 4

- Soup of the day

- Organic green salad with Commune vinaigrette

- Baked mac and aged cheddar, mozzarella, Canadian blue (add bacon 1)

* Cassoulet with smokey beans and turkey sausage

* Veggie Chili, aged cheddar & sour yogurt
(* not available for brunch)

Salads- Soups

Commune Salad 9

Spinach, goat cheese, pecans, sun dried cranberries and currants, lemon-pepper dressing (add free-range chicken 4)

Free-range Chicken Cobb 12

Bacon, avocado, egg, blue cheese, tomato

Green Salad 7.50

Carrot, cucumber, tomato, celery, Commune Vinaigrette

Soup of the Day 6

½ sandwich & side soup or side salad 8

Mains

(11 am- Close MON-FRI)
(3 pm- Close SAT & SUN)

(served with a side green salad & vinaigrette)

Cassoulet 11

Smoked bacon, roast chicken, maple-chili turkey sausage, bread

Veggie Chili 10

Fresh veggies, aged white cheddar, chives, sour yogurt, bread

Baked Mac & Cheese 11

Aged cheddar, mozzarella, Canadian blue (add bacon 1.5)

Beef & Chickpea Stew 12

Harissa, tomato, cilantro, couscous

After 5 pm

Bouillabaisse 12

Prawns, bay scallops, BC snapper, mussels, saffron, fennel, orange, bread and rouille

Daily special 12

We are Ocean Wise and Green Table restaurant