



snacks

soup of the day	\$5.25
red pepper hummus and pita chips	\$5.75
salad rolls	\$5.50

sandwiches

\$7.75

smoked turkey

cheddar, mango chutney mayonnaise, tomatoes, cucumbers and lettuce

RED PEPPER HUMMUS AND FETA

tomatoes, cucumbers and sprouts

chicken bacon wrap

tomatoes, cucumbers, guacamole, lettuce and ranch dressing

goat cheese

balsamic red onions, tomatoes and baby spinach

old fashioned ham

swiss cheese, dijon mayonnaise, tomatoes, cucumbers, pickles and lettuce

dream-wich

oven-roasted chicken breast, goat cheese, red pepper jelly and arugula

HOUSE CURED SALMON

caper dill cream cheese, cucumbers and sprouts

toasted brie and apple

with tomato and lettuce

ROAST BEEF

swiss cheese, horseradish mayonnaise, balsamic red onions, tomatoes, cucumbers, lettuce

chicken pesto sandwich

swiss cheese, pesto mayonnaise, tomatoes, cucumbers and arugula

GLUTEN FREE BREAD AVAILABLE UPON REQUEST



mains

house salad \$6.75

caesar salad
romaine lettuce, bacon, parmesan, and croutons \$8.25

Spinach salad
baby spinach, poached pears, candied walnuts
and blue cheese in our house vinaigrette \$10.25

jane's mandarin chicken salad
mixed greens, chicken breast, mandarins, carrots,
cucumbers, candied almonds in our asian vinaigrette \$10.25

bikini salad
mixed greens with chick peas, croutons, feta, carrots,
cucumbers, tomatoes in our house vinaigrette \$10.25

sirkel burger
served with garden salad and a pickle \$10.75

sirkel crepes
filled with mushrooms, onions, roasted red peppers,
goat cheese and spinach, served with house salad \$10.75

vegetable stir fry
served with asian vegetables and jasmine scented rice \$11.75
add chicken or tofu for \$2.00

VEGETABLE PAD THAI
rice stick noodles, asian vegetables in our spicy sauce \$11.75
add chicken or tofu for \$2.00

VEGETABLE CHOW MEIN
served with asian vegetables in a spicy peanut sauce \$11.75
add chicken or tofu for \$2.00

COME UP TO OUR COUNTER
TO SEE TODAY'S SPECIAL TREATS

TAKE OUR SALAD DRESSING HOME!