

Wilder Snail Neighbourhood Grocery & Coffee

WRAPS \$7.99

LUMBERJACK WRAP – 12" TOMATO TORTILLA

Scrambled cage-free eggs, Black Forest Ham, Double smoked bacon, Canadian Cheddar, sautéed bell peppers and onions, spicy maple aioli.

RANCHEROS WRAP – 12" SPINACH TORTILLA (vegetarian)

Scrambled cage-free eggs, Black beans, Canadian Cheddar, sautéed bell peppers and onions, salsa sauce.

CHIPOTLE CHICKEN – 12" CHEDDAR TORTILLA

House roasted, seasoned chicken breast, Canadian Cheddar cheese, baby spinach, marinated artichoke hearts, fire-roasted red peppers, red onion, and chipotle mayo.

TUSCAN CHICKEN – 12" WHITE TORTILLA

House roasted, seasoned chicken breast, Mozzarella cheese, sun dried tomatoes, fire-roasted red peppers, shredded kale, and basil pesto mayo.

VEGAN MOROCCAN WRAP – 12" WHOLE WHEAT TORTILLA

Vegan tomato stew with cauliflower, chickpeas, onions, carrots, raisins, on lemon couscous with herb tahini sauce.

VEGAN MEDITERRANEAN WRAP – 12" YELLOW PEPPER TORTILLA

Organic quinoa, house-made Tuscan white bean spread, sun dried tomatoes, baby spinach, cucumber, raw bell peppers, red onion, and carrots.

BAGUETTES \$7.99 (Changes Daily)

TUNA & CHEDDAR ON MULTIGRAIN

Tuna, Canadian Cheddar cheese, red onion, fresh cucumber, green leaf lettuce, pickles, mayonnaise.

SOUTHWEST TURKEY ON WHITE

Smoked turkey breast, Havarti cheese, hot banana peppers, baby spinach, sun dried tomatoes, chipotle mayo.

CAPICOLLO & PROVOLONE ON WHITE

Spicy Capicola (pork), Provolone cheese, fire-roasted red peppers, marinated artichokes, basil pesto mayo.

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SLICED BREAD SANDWICHES \$8.99

CHICKEN BACON CLUB

House roasted, seasoned chicken breast, double smoked bacon (pork), Canadian Cheddar cheese, fresh tomatoes, green leaf lettuce, and mayonnaise on French bread.

APPLE BLUE CHICKEN

House roasted, seasoned chicken breast, Parmesan cheese, roasted balsamic glazed gala apples, caramelized onions, Blue cheese sauce, arugula, and balsamic reduction on Cranberry Sourdough bread.

TURKEY & HAVARTI

Smoked turkey breast, Havarti cheese, green leaf lettuce, red onion, fresh cucumber, raw bell peppers, and chipotle mayo on French bread.

HAVARTI & VEG WHOLE WHEAT (vegetarian)

Havarti cheese, sun dried tomatoes, fire-roasted red peppers, marinated artichokes, red onion, baby spinach, basil pesto mayonnaise on Country Whole Wheat bread.

FOCACCIA PANINI \$7.99 (Changes Daily)

SUN DRIED TOMATO & BOCCONCINI (vegetarian)

Bocconcini fresh mozzarella cheese, sun dried tomatoes, baby spinach, red onion, basil pesto mayo.

MONTREAL SMOKED MEAT & SWISS CHEESE

Authentic Montreal Smoked Meat (beef), Swiss cheese, green leaf lettuce, fresh tomatoes, pickles, red onion, Dijon mustard, mayonnaise.

PROSCIUTTO & BOCCONCINI Prosciutto (pork), Bocconcini fresh mozzarella cheese, fresh tomatoes, arugula, basil pesto sauce, balsamic reduction.

SALADS

HARVEST QUINOA SALAD (VEGETARIAN/GLUTEN-FRIENDLY)

Organic quinoa, with kale, gala apples, toasted pecans, dried cranberries and feta with house made Honey White Balsamic Vinaigrette.

Dressing (Olive Oil, Sunflower Oil, Lemon Juice, Balsamic Vinegar, Honey, Spices, Sea Salt, Pepper)

CHICKPEA SALAD (VEGAN/GLUTEN-FRIENDLY)

Chickpeas, tomatoes, cucumber, with house made Lemon Cumin Dressing.