



## BREAKFAST TAKE-OUT MENU

**GRILLED BREAKFAST WRAP ..... \$9.45**

Comes with a mini fruit cup.

Bacon, 2 eggs, mozzarella cheese and green onion.

Ham, 2 eggs, mozzarella cheese and green onion.

Vegetarian - 2 eggs, mozzarella cheese, spinach, tomato and red pepper.

**BACON, EGG AND CHEDDAR ..... \$7.75**  
**CHEESE ON A BAGEL**

**BLT..... \$7.25**

Bacon, lettuce, tomato and mayonnaise toasted on whole-wheat bread. Add cheddar or gouda cheese \$1.00.

**BREAKFAST CLUB BAGEL ..... \$7.95**

Fried egg, bacon, cheddar cheese, lettuce, tomato and mayonnaise.

**WESTERN ..... \$7.95**

2 eggs, mozzarella cheese, green onion and black forest ham.

**SOMETHING MORE**

SEE BAKERY  
MENU FOR  
ADDITIONAL  
OPTIONS.





## LUNCH TAKE-OUT MENU

### SOUPS

MANGO CURRY BUTTERNUT SQUASH ..... \$6.95

SOUP OF THE DAY ..... \$6.95

Homemade daily with the freshest ingredients, ask your server for details.  
Soup is accompanied with a homemade scone from our bakery.

### COMBOS

Soup, Toasted Walnut Signature salad, scone. .... \$12.95

Cup of Mango Curry Butternut Squash soup and 1/2 a traditional sandwich. .... \$9.50

Toasted Walnut Triple - Cup of Mango Curry Butternut Squash soup,  
1/2 a traditional sandwich and Toasted Walnut Signature salad. .... \$14.25

### CRUSTLESS QUICHE

Our homemade spinach and cheddar quiche is accompanied with your  
choice of Toasted Walnut Signature salad or soup and a scone. .... \$13.95

Crustless Quiche Trio - Slice of quiche, Toasted Walnut Signature salad  
and a cup of Mango Curry Butternut Squash soup. .... \$14.75

AFTERNOON TEA ..... \$35.00

(Big enough to share) An assortment of tea sandwiches, two homemade scones,  
homemade jam and whipped cream, delightful desserts. Includes coffee or tea.



### SALADS

All entrée salads are accompanied with a homemade scone from our bakery.

TOASTED WALNUT SIGNATURE SALAD ..... \$10.75

A bed of spinach topped with fresh seasonal fruit, dried cranberries, feta cheese  
and candied walnuts, dressed with homemade honey citrus vinaigrette.  
Add grilled chicken breast \$3.95

BEET SALAD ..... \$10.75

A bed of spring mix, sliced beets, goat cheese and candied walnuts with a  
honey citrus vinaigrette.  
Add grilled chicken breast \$3.95

CAESAR SALAD ..... \$10.75

A bed of romaine lettuce mixed with real bacon bits, croutons, parmesan cheese  
and our homemade creamy Caesar salad dressing.  
Add grilled chicken breast \$3.95

GARDEN SALAD ..... \$9.50

A bed of spring mix with carrots, tomatoes and cucumbers, dressed in our  
homemade herb vinaigrette.  
Add grilled chicken breast \$3.95

MEDITERRANEAN SALAD ..... \$10.75

A bed of spring mix topped with roasted red peppers, zucchini, red onion,  
feta cheese and dressed with our herb vinaigrette.  
Add grilled chicken breast \$3.95



# THE TOASTED WALNUT

## LUNCH TAKE-OUT MENU

### PANINI SANDWICHES ..... \$15.75

INCLUDES SOUP OR GARDEN SALAD

Served on grilled Naan bread.

Gluten free bread available for any sandwich add \$2.00

#### CLUB HOUSE STACK

Grilled chicken breast, bacon, cheddar cheese and tomatoes with a side of chipotle sauce.

#### ROASTED PEPPER

A thin layer of dill cream cheese, roasted peppers, zucchini and red onion, feta cheese and a drizzle of herb vinaigrette.

#### CORDON BLEU AND APPLE

Grilled chicken breast, black forest ham, Granny Smith apples, cheddar cheese and honey Dijon mustard.

#### CRANBERRY AND CHICKEN

Grilled chicken breast, cranberry walnut chutney, gouda cheese and Granny Smith apples.

#### GOURMET GRILLED CHEESE

Gouda cheese, Granny Smith apples and bacon.

### TRADITIONAL SANDWICHES

All sandwiches are served on whole-wheat bread, Wraps available.

Gluten free bread available, add \$2.00

#### BLT ..... \$7.25

Bacon, lettuce, tomato and mayonnaise, toasted. Add cheddar or gouda cheese \$1.00

#### HAM AND CHEESE ..... \$7.25

Black forest ham, cheddar cheese, lettuce, cucumber and honey Dijon mustard.

#### CHICKEN SALAD ..... \$7.95

Diced chicken with celery, Granny Smith apples, cheddar cheese and lettuce.

#### EGG SALAD ..... \$7.25

Chopped egg salad with celery, lettuce and cucumber.

#### LOADED TUNA ..... \$7.95

Flaked tuna with celery, lettuce, cucumber, tomato, cheddar cheese, alfalfa sprouts and honey Dijon mustard.

#### CUCUMBER AND CREAM CHEESE ..... \$7.25

Lettuce, cucumber, cream cheese and alfalfa sprouts. Choose between dill or plain cream cheese.

#### GRILLED CHEESE ..... \$4.95

Cheddar cheese sandwiched in between two slices of thick white bread. Add bacon \$2.00

### WRAPS

#### CHICKEN BREAST WRAP ..... \$8.50

Grilled chicken breast, lettuce, cheese, tomato, red pepper and mayonnaise.

#### CHICKEN CAESAR WRAP ..... \$8.50

Chicken breast, real bacon bits, romaine, parmesan cheese and creamy Caesar dressing.

#### VEGGIE LOVERS WRAP ..... \$8.50

Spinach, tomato, red peppers, cucumbers, feta cheese, hummus, red pepper jelly and alfalfa sprouts.

#### CHIPOTLE CHICKEN WRAP ..... \$8.50

Grilled chicken breast, bacon, cheese, romaine lettuce and chipotle dressing.

#### MAPLE CHICKEN WRAP ..... \$8.50

Chicken breast, bacon, goat cheese, caramelized onions in maple syrup and spinach.

#### CRANBERRY CHICKEN SALAD WRAP ..... \$8.50

Spring mix, cranberry chutney, Granny Smith apples and chicken salad.



# THE TOASTED WALNUT

## Bakery Menu *(Individual Baked Goods)*

Banana Bread Bar	\$4.75
Skor Brownie	\$3.95
Butter Tarts (plain, raisin, Skor, walnuts)	\$2.50
Carrot Cake	\$5.95
Croissant	\$2.50
Cupcake	\$3.00
Danish	\$4.75
Date Square	\$4.75
Lemon Square	\$3.50
Muffin	\$2.50
Raspberry Coconut Square	\$3.50
Scone with jam	\$2.50
Scone & Coffee Combo	\$4.50
Sugar Cookie	\$3.50
Whoopie Pie Cookie	\$8.00

## Beverage Menu

Coffee/Tea	\$2.55
Herbal Tea	\$2.95
Snapple	\$3.50
Pop	\$2.75
Juice	\$2.75
Bottled Water	\$2.00
Perrier	\$3.50
Chocolate Milk small	\$2.95
Chocolate Milk large	\$3.50
Espresso	\$2.75
Red Eye	\$3.95
Americano	\$2.95
Cappuccino	\$3.75

## Seasonal Baked Goods

Cranberry Almond Square	\$3.50
Decorated Empire Cookie	\$5.00
Gingerbread Cheesecake Loaf	\$5.95
Gingerbread Man Cookie	\$3.50
Peppermint Brownie	\$4.95
Peppermint Whoopie Cookie	\$8.00
Pistachio Cranberry Wreath Cookie	\$3.50
Holiday Decorated Sugar Cookie	\$3.50

Latte	\$4.55
Mocha	\$4.55
Chai Tea Latte	\$4.55
London Fog	\$4.55
Hot Chocolate	\$3.95
Steamer	\$3.95

Iced Americano	\$2.95
Iced Latte	\$4.75
Iced Mocha	\$4.75
Iced Chai Latte	\$4.75

Flavoured Shots	\$0.75
Almond Milk/Soy Milk	\$0.75