



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.



MEMORIES MADE HERE

THE TOASTED WALNUT



LUNCH TAKE-OUT MENU

KITCHEN CLOSSES DAILY AT 3:30 P.M.



SOUPS

Soup is accompanied with a homemade scone from our bakery.

MANGO CURRY BUTTERNUT SQUASH \$6.95

SOUP OF THE DAY \$6.95

Homemade daily with the freshest ingredients, ask your server for details.

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.

SOMETHING MORE

SEE BAKERY MENU FOR ADDITIONAL OPTIONS.



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



LUNCH TAKE-OUT MENU

KITCHEN CLOSSES DAILY AT 3:30 P.M.



PANINI SANDWICHES \$15.75

INCLUDES SOUP OR THE TOASTED WALNUT SIGNATURE 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	\$5.00
Whoopie Pie Cookie	\$8.00

Seasonal Baked Goods

Heart Empire Cookie	\$5.00
Red Velvet Whoopie Pie Cookie	\$8.00
Valentine Sugar Cookie	\$5.00
Raspberry Cheesecake Brownie	\$4.95

JANUARY
2021

Beverage Menu

Coffee/Tea	\$2.55	Latte	\$4.55
Herbal Tea	\$2.95	Mocha	\$4.55
Snapple	\$3.50	Chai Tea Latte	\$4.55
Pop	\$2.75	London Fog	\$4.55
Juice	\$2.75	Hot Chocolate	\$3.95
Bottled Water	\$2.00	Steamer	\$3.95
Perrier	\$3.50		
Chocolate Milk small	\$2.95	Iced Americano	\$2.95
Chocolate Milk large	\$3.50	Iced Latte	\$4.75
		Iced Mocha	\$4.75
Espresso	\$2.75	Iced Chai Latte	\$4.75
Red Eye	\$3.95		
Americano	\$2.95	Flavoured Shots	\$0.75
Cappuccino	\$3.75	Almond Milk/Soy Milk	\$0.75