

BOWL | WRAP

RICE BOWLS & WRAPS

MADE WITH SEASONED BROWN, RED & WILD RICE BLENDS

- GREEN GODDESS VEGGIE** \$ 9.99 670 | 750 CALS
- SOUTHWEST STEAK & AVOCADO** \$ 12.79 600 | 800 CALS
- CRISPY CHICKEN BACON & PEPPERCORN RANCH** \$ 12.79 790 | 910 CALS
- SWEET ONION CHICKEN TERIYAKI** \$ 11.79 490 | 690 CALS
- NEW JERK-SPICED CHICKEN** \$ 10.99 670 | 780 CALS
- NEW JERK-SPICED STEAK** \$ 12.79 740 | 850 CALS



NEW ITALIANOS

- 12 MOZZARELLA BELLA** fresh mozzarella, parmesan cheese, spinach, tomato, red onion, pesto and house sandwich sauce. \$ 12.79 | 530 \$ 13.39 | 1060 CALS
- 13 SUPRIMO** capicola, deli-style ham, Genoa salami, pepperoni, processed cheddar cheese, lettuce, tomato, banana pepper, red onion and house sandwich sauce. \$ 13.99 | 570 \$ 14.49 | 1140 CALS
- 14 LITTLE ITALY** rotisserie-style chicken, fresh mozzarella, parmesan cheese, lettuce, spinach, tomato, cucumber, green pepper, red onion, garlic aioli, pesto and house sandwich sauce. \$ 12.99 | 750 \$ 15.49 | 1500 CALS
- 15 MEATBALLER** meatball marinara, pepperoni, fresh mozzarella and parmesan cheese. \$ 12.49 | 690 \$ 14.29 | 1380 CALS



Calories refer to each bowl or sandwich. Adds and sends (up to 1/2) need an average of 1000 calories per bowl and sandwich (up to 1/2) need an average of 1000 calories per bowl and sandwich.

NEW STEAK & VEGGIE

- 8 STEAK'N BACON** steak, maplewood smoked bacon, habanero jack cheese, lettuce, tomato, chipotle southwest and peppercorn ranch. \$ 10.99 | 590 \$ 11.99 | 1180 CALS
- 9 STAMPEDE BRISKET** sweet & smoky BBQ sauce glazed beef brisket, Canadian cheddar, green pepper, red onion, crispy onions, sweet & smoky BBQ sauce and smoky honey mustard. \$ 10.99 | 750 \$ 11.99 | 1500 CALS
- 10 STEAK 'N' EGG** steak, scrambled eggs, processed cheddar cheese, spinach, tomato and chipotle southwest. \$ 10.99 | 610 \$ 12.89 | 1220 CALS
- 11 GREEN GODDESS** processed cheddar cheese, smashed avocado, lettuce, spinach, tomato, cucumber, green pepper, red onion, house sandwich sauce and green goddess dressing. \$ 12.99 | 490 \$ 11.99 | 980 CALS



NEW CHICKEN

- 4 KICKIN' CHICKEN** crispy chicken, habanero jack cheese, lettuce, tomato, banana pepper, creamy sriracha and garlic aioli. \$ 12.99 | 630 \$ 13.99 | 1260 CALS
- 5 CHICKEN RANCHER** rotisserie-style chicken, maplewood smoked bacon, shredded Monterey cheddar, lettuce, spinach, tomato, cucumber, green pepper, red onion and peppercorn ranch. \$ 13.49 | 550 \$ 15.19 | 1100 CALS
- 6 TERIYAKI CRUNCH** sweet onion teriyaki glazed chicken strips, processed cheddar cheese, lettuce, spinach, tomato, cucumber, green pepper, red onion, crispy onions and sweet onion teriyaki sauce. \$ 12.99 | 530 \$ 13.99 | 1060 CALS
- 7 GREEN GODDESS CHICKEN** rotisserie-style chicken, processed cheddar cheese, smashed avocado, lettuce, spinach, tomato, cucumber, green pepper, red onion, green goddess dressing and house sandwich sauce. \$ 12.99 | 580 \$ 14.99 | 1160 CALS

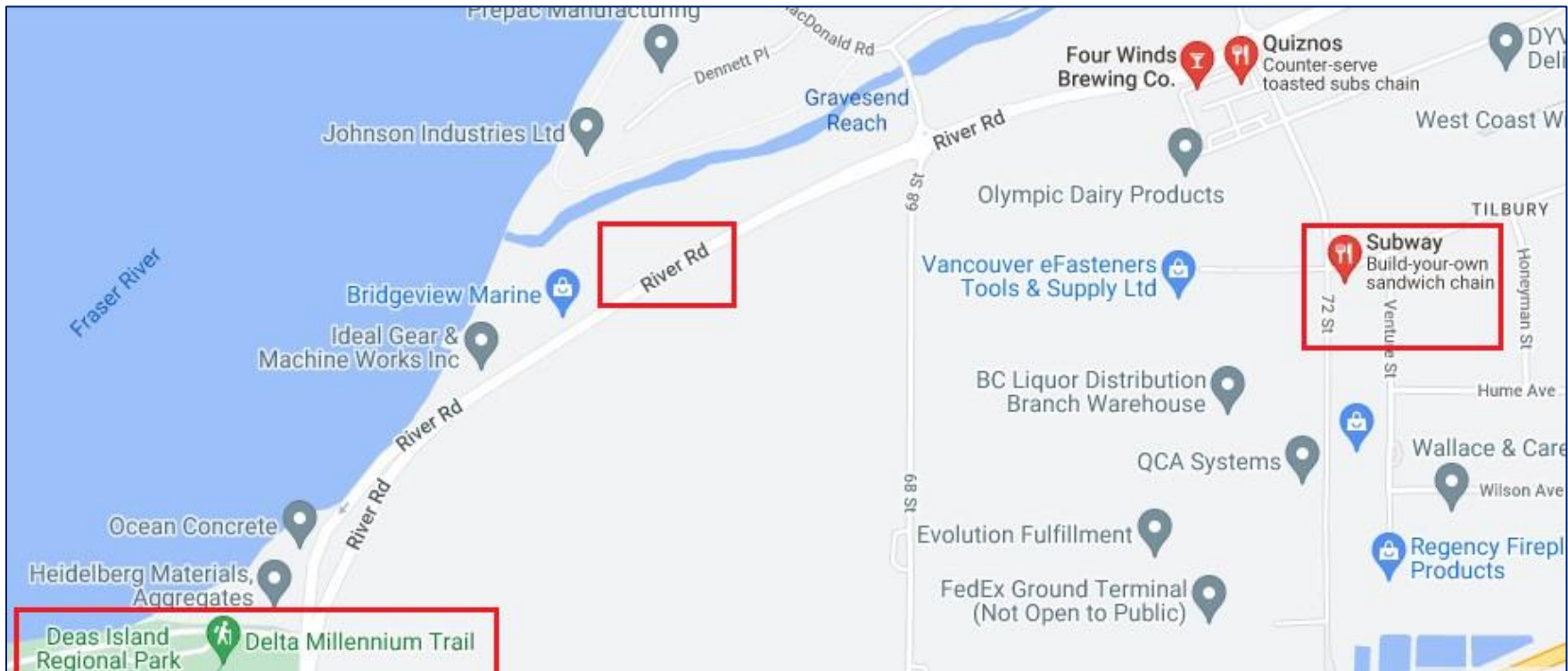
NEW DELI

- 1 CANUCK CLASSIC** deli-style ham, maplewood smoked bacon, Canadian cheddar, lettuce, tomato, pickles, red onion, smoky honey mustard and mayo. \$ 12.99 | 510 \$ 13.99 | 1020 CALS
- 2 GREAT CANADIAN CLUB** deli-style turkey, deli-style ham, maplewood smoked bacon, Canadian cheddar, lettuce, tomato and smoky honey mustard. \$ 13.99 | 460 \$ 14.99 | 920 CALS
- 3 TURKEY RANCHER** deli-style turkey, maplewood smoked bacon, Canadian cheddar, lettuce, tomato, red onion and peppercorn ranch. \$ 11.99 | 490 \$ 12.99 | 980 CALS

6 MEAT | FL 1001 1000

- VEGETARIAN
- DOUBLE CHEESE
- CANADIAN PROTEIN





Contact

7218 Progress Way
Unit 1A
Delta, BC V4G 1E7

 (604) 940-6551

[GET DIRECTIONS](#)

Hours

Fri 7:00 AM - 9:00 PM

Sat 10:00 AM - 4:00 PM

Sun Open 24 hours

Mon 7:00 AM - 9:00 PM

Tue 7:00 AM - 9:00 PM

Wed 7:00 AM - 9:00 PM

Thurs 7:00 AM - 9:00 PM