Hot Meals Menu
All hot meals are prepared at Islands Café and Served at Freudian Sip in the Library

Hot meals times:
Monday – Friday:
- breakfast: 7am-9:30am
- lunch: 11am-1:30pm
- dinner: 5pm-8pm
Saturday & Sunday:
- lunch/brunch: 10am-2pm
- dinner: 4pm-8pm

Retail prices:
- breakfast: $7.00
- lunch/brunch: $9.25
- dinner: $11.25

MONDAY MARCH 8TH

BREAKFAST
STEAK, RED POTATOES AND EGG BURRITO WITH CHEESE
OR VEGETARIAN:
VEGGIE, RED POTATOES AND EGG BURRITO WITH CHEESE

LUNCH
BBQ BACON TURKEY BURGER, RANCH AIOLI, CARAMELIZED ONIONS,
TOMATOES AND CHEDDAR
OR VEGETARIAN:
BBQ VEGGIE BURGER, RANCH AIOLI,
CARAMELIZED ONIONS, TOMATOES
AND CHEDDAR

DINNER
CHICKEN PICCATA, BREADED CHICKEN WITH GARLIC LEMON HERB BUTTER SAUCE, RICE PILAF, SAUTÉED VEGETABLES
OR VEGETARIAN:
“VEGETARIAN” CHICKEN PICCATA,
BREADED CHICKEN WITH GARLIC LEMON HERB BUTTER SAUCE, RICE PILAF, SAUTÉED VEGETABLES

TUESDAY MARCH 9TH

BREAKFAST
HAM AND CHEESE EGG CROISSANT,
BUTTERY CROISSANT, HONEY GLAZED HAM AND MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
EGG AND CHEESE CROISSANT,
BUTTERY CROISSANT AND MELTED CHEESE, POTATO WEDGES

LUNCH
KOREAN SOY GLAZED TEMPURA CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
KOREAN SOY GLAZED TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

DINNER
STEAK POT PIE, LAYERED WITH RICE PILAF, MUSHROOMS, GARLIC, ONIONS
AND CARROTS IN A RICH GRAVY, TOPPED WITH A BUTTER CRUST
OR VEGETARIAN:
VEGAN STEAK POT PIE, LAYERED WITH RICE PILAF, MUSHROOMS, GARLIC,
ONIONS AND CARROTS IN A RICH GRAVY, TOPPED WITH A BUTTER CRUST

WEDNESDAY MARCH 10TH

BREAKFAST
SCRAMBLE EGGS, BACON AND SAUSAGE, CHEESE BLINTZES,
BREAKFAST POTATOES
OR VEGETARIAN:
SCRAMBLE EGGS AND EXTRA CHEESE BLINTZES, BREAKFAST POTATOES

LUNCH
WHAM BURGER, BEEF PATTY, SLICED HAM, BACON, SWISS, LETTUCE,
TOMATOES, ONIONS, HERB AIOLI ON SPECIALTY BUN
OR VEGETARIAN:
VEGETARIAN CHICKEN MELT ON ARTISAN ROLL, SAUTÉED PEPPERS,
ONIONS AND TOMATOES WITH SWISS, HERB AIOLI

DINNER
PORK CARNITAS WET BURRITO,
CILANTRO RICE, REFRIED BEANS,
CHEESE, SALSA, SMOTHERED WITH SAVORY ANCHO SAUCE
OR VEGETARIAN:
VEGETABLE FAJITA WET BURRITO,
CILANTRO RICE, REFRIED BEANS,
CHEESE, SALSA, SMOTHERED WITH SAVORY ANCHO SAUCE
THURSDAY MARCH 11TH

BREAKFAST
CHORIZO AND POTATO EGG BURRITO, WITH CHEESE
OR VEGETARIAN:
VEGGIE SAUSAGE AND POTATO EGG BURRITO, WITH CHEESE

LUNCH
CRISPY BBQ CHICKEN WRAP, ROASTED CORN, BLACK BEANS, PEPPERS, CHEESE, TOMATOES, WITH CHIPOTLE MAYO
OR VEGETARIAN:
CRISPY BBQ EGGPLANT WRAP, ROASTED CORN, BLACK BEANS, CHEESE, PEPPERS, TOMATOES, WITH CHIPOTLE MAYO

DINNER
GARLIC ROASTED WHOLE CHICKEN WITH LEMON GARLIC SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES
OR VEGETARIAN:
GRILLED GARLIC TOFU WITH LEMON GARLIC SAUCE, WILD RICE PILAF AND SEASONED VEGETABLES

FRIDAY MARCH 12TH

BREAKFAST
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES
OR VEGETARIAN:
SAUSAGE, CHEESE AND EGG BAGEL, MELTED CHEESE, POTATO WEDGES

LUNCH
SWEET AND SOUR CHICKEN, STEAMED RICE AND SESAME SCENTED VEGETABLES
OR VEGETARIAN:
SWEET AND SOUR TOFU, STEAMED RICE AND SESAME SCENTED VEGETABLES

DINNER
TORTELLINI FRESCO, GRILLED CHICKEN, ONIONS, TOMATOES, BELL PEPPERS, TOMATO BASIL CREAM SAUCE
OR VEGETARIAN:
TORTELLINI FRESCO, PARMESAN BREADED EGGPLANT, ONIONS, TOMATOES, BELL PEPPERS, TOMATO BASIL CREAM SAUCE

SATURDAY MARCH 13TH

BREAKFAST
CLOSED FOR SPRING BREAK
HAVE FUN AND STAY SAFE!

SUNDAY MARCH 14TH

BREAKFAST
CLOSED FOR SPRING BREAK
HAVE FUN AND STAY SAFE!