



100  
elements

## Lunch Menu #1

### Allergy Alert

Please inform your server of any allergies.

Although we will make every attempt to prepare your food according to your restriction, we cannot make any guarantees.

**Prices shown do not include tax.** Menu items are limited.

## Small Courses

### Portobello Mushroom Soup

Creamy Mushroom Soup Garnished with Crème Fraiche  
Served with Canadore Roll and Butter

6 oz. serving • \$3    12 oz. serving • \$6

### Spinach, Feta and Pecan Salad

Warm Apple Cider Vinaigrette

\$6

## Entrées

### Guinness Marinated Flank Steak

Dijon Mustard, Caramelized Red Onion, Arugula,  
on a Garlic Flatbread, Fresh Cut Fries

\$12

### Sweet Potato, Kale, and Quinoa Buddha Bowl

Turmeric Tahini Sauce

\$8

Add Salmon or Chicken \$12

## Desserts

### Tiramisu Muffins

Coffee Flavour Muffins, Mascarpone Icing

\$3

### Pecan Pie Shortbread

Traditional Shortbread Biscuit Base, Pecan Pie Topping

\$3

**Please remember this is a classroom setting.**  
Your unique dining experience is also a student learning environment.

Winter  
2023