

Centre Island

sample offerings

Salad & Soup Bar

- Salad lettuce
- Alfalfa Sprouts
- Shredded Carrot
- Corn Kernels
- Black Olives
- Broccoli and Cauliflower florets
- Diced Red and Green pepper
- Herb Croutons
- Kidney Beans
- Chickpeas
- Shredded Cheddar
- Cooked Quinoa
- Diced Tofu
- Artichoke Hearts
- Diced cucumber
- Diced Celery
- Grape Tomatoes
- Diced Red Onion
- Sliced Mushrooms
- Daily soups & Chilli with dinner rolls

Sandwich Bar

- Whole Wheat and Sourdough breads
- Ham
- Turkey
- Roast Beef
- Chickpea "toona"
- Sliced Cucumber
- Cheddar and Jack Cheeses
- Vegan Mayo
- Mustard
- Selection of whole fruits
- Assorted melons
- Crudite (raw veggies and dips)

Parfait Bar

- Plain Greek Yogurt
- Vanilla Yogurt
- Plant-Based Yogurt
- Mango
- Strawberry
- Rotational Fruit
- Hemp Hearts
- Sliced Almond
- Dried Cranberry
- Pumpkin and Sunflower seeds
- Granola

Smoothie Bar

- Monday
 - Maple Apple Overnight Oats
 - Berry Basil Smoothie
- Tuesday
 - Banana Walnut Overnight Oats
 - Ginger Mango Smoothie
- Wednesday
 - Carrot Cake Overnight Oats
 - Tropical Smoothie
- Thursday
 - BX Apple Overnight Oats
 - Market Smoothie
- Friday
 - Pumpkin Spiced Overnight Oats
 - Almond Berry Smoothie
- Saturday
 - Apple Coco Overnight Oats
 - Beach Smoothie
- Sunday
 - Banana Choco Chip
 - Berry Good Smoothie

