

# Group Lunch Menu



Quiche 

Housemade quiche with mushroom, spinach and cheese

Traders Salad  

Roasted squash, mixed greens, arugula, goat cheese, pumpkin seeds and orange segments with an orange vinaigrette \*vegan option available

Add Chicken or Tofu

## Burgers

Trappers Burger

Our house made burger pattie served on a pretzel burger bun with lettuce, tomato, onions and pickled beets.

Make it a Kiwi Burger and add a fried egg

Prairie Burger 

Housemade bean and lentil pattie, pickle, tomato, lettuce and cheese with a vegan avocado sauce served on a pretzel bun \*vegan option available

## Sandwiches

Turkey Salad

Roasted turkey mixed with mayo, celery, onion, salt and pepper with a cranberry rosemary balsamic reduction sauce served on a freshly baked Portuguese bun \*Gluten Free option available

Pastrami

A warm pastrami sandwich with whole grain mustard, mayo, lettuce, tomato and swiss cheese served on a pretzel bun \*Gluten Free option available

Ham and Swiss Melt

Warm ham covered and melted Swiss cheese with pickles, lettuce, mustard and mayo served on an 8" hoagie bun \*Gluten Free option available

B.L.T.

Bacon, lettuce and tomato with mayo and mustard served on an 8" hoagie bun

\*Gluten Free option available

Vege Wrap 

Roasted zucchini, mushroom and peppers with caramelized onions and hummus on a sundried tomato tortilla \*Gluten Free option available

Sandwiches, Burgers and Quiche served with a side of fries, soup or garden salad



Vegetarian



Gluten Free



Vegan