

Hot Springs Valley Retreat Lunch Menus

(please choose one of the following selections for your group)

Beef Chilli \$15.00 Bison Chilli \$18.00

Vegetarian Option: Vegetarian Chilli Beef chilli, Garden salad, Buns or bread

* This is a wheat-free, gluten-free menu item

Spaghetti with Meat (Beef) Sauce \$15.00 with Bison Sauce (\$18.00)

Vegetarian Option: spaghetti with vegetarian sauce Garden Salad, Garlic Bread

Beef lasagne \$15.00 Bison Lasagne \$18.00

Vegetarian option: vegetarian lasagne Caesar salad, Garlic bread

Quiche \$15.00

Vegetarian option available Baguette, Garden salad

Caribou, Bison or Bratwurst Sausages \$17.00

Vegetarian option: veggie wiener, or veggie pate

Potato Salad, sliced tomatoes, green peppers, pickles, and cucumbers

Buns &/or German-style bread

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Chicken Souvlaki (skewers) \$20.00

Vegetarian option: roasted vegetable skewer

Rice, Greek Salad, Tzatziki or Saskatoon Berry Sauce

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Falafel with Tahini Lemon Sauce (spicy chick pea patties with sesame sauce) \$20.00

Tabouli (wheat bulgur salad), Pita bread

Cucumber salad (mint, dill, green peppers, and cucumbers)

Chicken Curry \$20.00

Rice, Vegetable, Nan bread

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Indonesian Lunch \$20.00

Gado Gado (platter of deep fried tofu, hard-boiled eggs, cooked & fresh vegetables served with a peanut sauce)

Mie Goreng (fried noodle with shrimp and chicken) Vegetarian Mie Goreng available

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Summer BBQ lunches \$17.00

BBQ Caribou, Bison or Bratwurst Sausages (as above)

BBQ hamburgers (Vegetarian option: veggie burger) w/ bun and fixings, green salad

Soup and Sandwiches: \$15.00

Soup Selections:

Cauliflower cheese soup

Corn Chowder

Beef Barley

Minestrone soup

Broccoli soup

Seasonal soup

One of these soups can be served with the choice of the following sandwiches:

Turkey (cheese+ lettuce +cranberry sauce + mayo)

Ham and Swiss cheese (lettuce + mustard + mayo)

Montreal smoked meat or Pastrami (cheese + pickle + lettuce + Dijon mustard + mayo)

Vegetarian (cream cheese, tomatoes, cucumber, and bean sprouts on Rye bread)

Price includes coffee & tea. GST extra