

MARCH 2ND-
6TH

HELIX CAFE



HOURS 8:00am – 2:00pm

	M	T	W	TH	F
BREAKFAST	Egg & Avocado Breakfast Sandwich  \$6.30  	The Cheesy Mushroom Omelet  \$6.30  	Egg White & Tomato English Muffin  \$6.30	South of the Border Omelet   \$6.30  	Loaded Veggie Omelet  \$6.30 
ENTREE	Chicken Cordon Bleu With Roast Potato and Fresh Steamed Vegetables \$8.65	 Pasta Primavera Gluten Free Pasta With Garlic Sauce and Fresh Roasted Vegetables Steamed Broccoli \$8.65	Steak Fajitas Fresh Onions and Peppers With Sliced Steak and Mexican Rice and Toppings \$8.65	Chicken Masala With Curried Lentil and Basmati Rice \$8.65	Haddock Au Poivre With fresh vegetable and baked potato wedges \$8.65
HOT BAR		Burrito Bowl Small: \$4.70 Large: \$8.65	Gold Finger Salad Bar Small \$4.20 Large \$7.80	Loaded Baked Potato Bar Plain: \$4.70 Loaded \$8.65	
GRILL	BBQ Pulled Pork With Cheddar and onions With a Side \$8.65	Ham and Cheddar Melt On Sourdough With Tomato \$8.65	Pastrami Melt On Baguette With Swiss Cheese \$8.65	 Roasted Portobello Wrap With Fresh Roast Peppers and Onions and Choice Of Cheese \$6.30	Filet Of Fish On Brioche Lettuce, Tomato and Pepperjack Cheese \$8.65
DELI	Curry Chicken Salad On Fresh Ciabatta With Lettuce and Tomato \$8.00	Grilled Chicken Club Wrap With Guacamole Tomato, Lettuce and Bacon \$8.00	Roasted Vegetable Ciabatta With Hummus With Guacamole and Lettuce \$8.00	 Roast Cauliflower Sandwich  With Baby Spinach and tomato on wheat bread \$6.30	Spicy Albacore Tuna Salad Croissant fresh tomato, Pepperjack on croissant \$8.00