



June 2019 Thyme Table

SHOP HOURS

Mon-Fri: 8 am – 8 pm

Sat: 9 am – 6 pm

Sun: 9 am – 5 pm

Place your orders online at www.thymeandagain.ca

Weekly Menu

June 3rd – June 9th

Soup

cup \$4.50 bowl \$8

Ginger Turmeric Spiced Carrot
(GF, Vegan)

Mains

Korean BBQ Glazed Meatloaf
(DF) \$16

Teriyaki Chicken Breast
(GF, DF) \$16

Poached Tuna with Dandelion Pesto
(GF, DF) \$16

Stacked Eggplant with Roasted
Tomato, Feta & Pistou
(V) \$12

Sides

side \$4 full \$6

Butter & Chive Mashed Potatoes
(GF, V)

Chilled Brown Rice Pasta with Ponzu
(GF, Vegan)

Grilled Tarragon Carrots
(GF, Vegan)

Chef's Choice
Seasonal Vegetables
(GF, V)

June 10th – June 16th

Soup

cup \$4.50 bowl \$8

Spinach & White Bean
(GF, Vegan)

Mains

Grilled Pork Skewers with Chili Sauce
(GF, DF) \$16

Crispy Chicken Legs with Buffalo Sauce
\$16

Honey Garlic Grilled Salmon
(GF, DF) \$16

Bruschetta Stuffed Portabella
(GF, V) \$12

Sides

side \$4 full \$6

Grilled Cajun Potato Wedges
(GF, Vegan)

Summer Squash Risotto
(GF, V)

Maple Roasted Parsnips
(GF, Vegan)

Chef's Choice
Seasonal Vegetables
(GF, V)

June 17th - June 23rd

Soup

cup \$4.50 bowl \$8

Thai Noodle
(GF, Vegan)

Mains

Coffee Rubbed Hanger Steak
(GF, DF) \$16

Spicy Jerk Chicken
(GF, DF) \$16

Pan Seared European Sea Bass
(GF, DF) \$16

Spinach & Ricotta Lasagna
(V) \$12

Sides

side \$4 full \$6

Rosemary & Garlic Potato Gratin
(GF, V)

Sautéed Kale & Chickpeas
(GF, Vegan)

Herb Grilled Zucchini
(GF, Vegan)

Chef's Choice
Seasonal Vegetables
(GF, V)

June 24th – June 30th

Soup

cup \$4.50 bowl \$8

Roasted Garlic-Tomato
(GF, Vegan)

Mains

Bone in Pork Chop with Apple Chutney
(GF, DF) \$16

Greek Style Chicken
(GF) \$16

Nori Crusted Salmon
(GF, DF) \$16

Vegetarian Tostadas
(V) \$12

Sides

side \$4 full \$6

Curried Home Fries
(GF, Vegan)

Quinoa Pilaf
(GF, Vegan)

Jicama & Carrot Slaw
(GF, Vegan)

Chef's Choice
Seasonal Vegetables
(GF, V)

Monthly Salads

side \$5 full \$9

Add chicken- 2oz \$3, 4oz \$6 **Add house-smoked salmon-** 2oz \$5, 4oz \$9.50 **Add bacon-** \$2

Melon Salad with Fresh Fruit & Orange Ginger Vinaigrette (GF, Vegan)

Arugula & Cherry Salad with Goat Cheese, Candied Nuts and White Balsamic Vinaigrette (N, GF, V)

Mediterranean Three Bean Salad (GF, Vegan)

*All mains include a starch or vegetable side dish or a side salad V-Vegetarian GF -Gluten-Free N -Contains Nuts DF-Dairy-Free

Due to popularity, we cannot guarantee that all items will be available every day. Prices subject to change without notice.