



Available
everyday
until 2pm

BREAKFAST MENU

Breakfast Bowl & Sandwich

Freshly Squeezed OJ | Scones and more!

September 2019 Thyme Table

SHOP HOURS

Mon-Fri: 8 am – 8 pm

Sat: 9 am – 6 pm

Sun: 9 am – 5 pm

We will be closed on Monday, September 2nd for Labour Day

www.thymeandagain.ca

Weekly Menus

September 3rd – September 8th

Soup

cup \$4.50 bowl \$8

Tomato Bulgur & Fresh Herb
(DF, V)

Mains

BBQ Style Shredded Pulled Beef
(GF, DF) \$16

Buttermilk Fried Chicken Legs \$16

Paprika Crusted Salmon
(GF, DF) \$16

Quinoa, Black Bean and Cheese
Stuffed Zucchini (GF, V) \$12

Sides

side \$4 full \$6

Parmesan Baked Artichoke Hearts
(GF, V)

Grilled New Potato & Herb
(GF, Vegan)

Lentil Pilaf (GF, Vegan)

Chef's Choice
(GF, V)

September 9th – September 15th

Soup

cup \$4.50 bowl \$8

Chorizo, Navy Bean & Kale (GF, DF)

Mains

Carne Asada (GF, DF) \$16

Grilled Chicken Satay with Peanut Sauce
(GF, DF, N) \$16

Fish Cakes with Sriracha Aioli (DF) \$16

Vegan Meatloaf with Tomato Fresca
(GF, Vegan) \$12

Sides

side \$4 full \$6

Garlic & Sour Cream Mashed Cauliflower
(GF, V)

Salted Thick Cut French Fries
(GF, Vegan)

Mushroom & Squash Barley Pilaf
(Vegan)

Chef's Choice
(GF, V)

September 16th – September 22nd

Soup

cup \$4.50 bowl \$8

Lemongrass Chicken & Pork Pho
(GF, DF)

Mains

Grilled Beef Flank Steak with
Horseradish Mayo (GF) \$16

Mediterranean Stuffed Chicken Breast
(GF) \$16

Fisherman's Pie \$16

Creamy Mushroom Fettuccini with
Local Peppers (V) \$12

Sides

side \$4 full \$6

Crispy Roasted Local Radishes
(GF, Vegan)

Brown Butter Mashed Potato (GF, V)

Curried Rice (GF, Vegan)

Chef's Choice
(GF, V)

September 23rd – September 29th

Soup

cup \$4.50 bowl \$8

Broccoli Cheese (GF, V)

Mains

Apple-Raisin Stuffed Pork Tenderloin
(GF, DF) \$16

Sticky Sesame Soy Glazed Chicken
(GF, DF) \$16

Maple Balsamic Rainbow Trout
(GF, DF) \$16

Stuffed Savoy Cabbage Rolls with
Spicy Tomato Sauce (GF, Vegan) \$12

Sides

side \$4 full \$6

Sautéed Garlic-Rapini (GF, Vegan)

Sour Cream & Onion Baked Potato
(GF, V)

Crispy Roasted Chickpeas (GF, Vegan)

Chef's Choice
(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

Copper Penny Salad (GF, Vegan)

Greek Bulgur Salad (V)

Mexican Kale Salad with Cilantro Lime Dressing (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.