



Take-Out Menu

(705)-673-2112

194 Elgin St

SANDWICHES

Served with a side of Chick Pea or Fruit Salad & Pickle Slices

Or add a side spinach or Caesar for

2.65

Or side soup of the day for

2.65

BRIE LT

Brie, sprouts, cucumber, tomato, fresh basil, mayo and cracked black pepper on parm crusted sunflower rye

8.19

BELA LUGOSI

Parm encrusted sunflower rye, cheddar, mozza, tomato, artichoke, garlic, and oregano, pressed in a Panini

8.05

THE INNER CHEESE

Cheddar, swiss and mozzarella, grilled on sunflower rye, crusted with Parmesan

6.11

POMME ET JAMBON

Ham, apple, apple butter, sprouts, Dijon, Provolone cheese on sunflower rye

8.19

EFF EL CUKE

Cucumbers, tomato, cracked black pepper, sprouts, feta, roasted garlic dressing on sunflower rye

7.74

CHEESE AND TOMATO THYME

Cheddar, mozza, tomato and thyme grilled on sunflower rye, crusted with Parmesan

7.74

SWISS AND SOW

Swiss cheese, cucumber, tomato, sprouts, ham, Dijon, mayo and cracked black pepper on Sunflower Rye

8.19

THE ERNIE COOMBS

Parm and pepper encrusted sunflower rye, mushrooms, spinach, and oregano with Provolone and feta cheeses pressed in a Panini

8.01

THE BILLY VAN

Pita, hummus, apples, apple butter, pepper and Brie cheese grilled in a Panini

8.19

PITAWICH

Pita, hummus, green peppers, cucumbers, pepper and Provolone cheese grilled in a Panini

7.88

AVEBURY

Parm encrusted flax bread, pea meal bacon, Brie cheese and Dijon pressed in a Panini

8.45

CHICKEN NOVA

Toasted flax Bread, grilled chicken, pesto, mayo, Brie, sprouts

8.72

VIVA LAS BANANAS

Peanut butter and banana grilled on flax bread

5.58

STICKY MOUTH

Peanut butter, banana, honey, cashews, raisins on flax bread.

6.86

CHICKEN CLUB

Pea meal bacon, grilled chicken, tomato, sprouts, mayo and cracked black pepper on toasted flax seed bread

8.72

PIZZA

–Fresh pressed and stone baked

DEVADATTA

Garlic, mozzarella, cheddar, asiago, Parmesan

10.18

HIMSA ZA

Artichoke, sun dried tomato, roasted red pepper, kalamata olives, garlic, and mozzarella

12.39

ZEN ZA

Spinach, mushrooms, red onions, sun dried tomato, mozzarella, feta

13.02

PU-TAI PESTO PIE

Pesto, salami, asiago cheese, crushed chills and spicy eggplant

13.05

LLAMA RAMA

Ham, pepperoni, bacon, red onion, mushroom, green pepper, mozzarella, cheddar

12.83

GUNGA GALUNGA

Pepperoni, mushrooms, green olives, asiago, cheddar, mozzarella

12.17

THE HOLY COW

Double pepperoni, asiago, mozzarella, cheddar

12.12

THE BUDDHA

Pepperoni, bacon, ham, onion, green pepper, hot and roasted red peppers, artichokes, sun dried tomatoes, garlic, mozzarella

14.82

VEGGIE BUDDHA

Spicy eggplant, green peppers, red onions, mushrooms, garlic, green olives, kalamata olives, mozza, asiago, Italian spices

14.16

TRADITIONAL

Tomato Sauce, garlic, olive oil, mozza and fresh basil

11.06

PIZZA SOL

Olive oil and garlic, feta, bacon, kalamata olives, tarragon and parm covered tomato slices

12.83

LEO LUIGI

Ham, bacon, pepperoni, salami, mozza, cheddar, asiago, feta, parm

14.60

*ADD CHICKEN

2.41

*Enjoy any of our pizzas with Pesto Sauce

.50

SALADS

CHICK PEA SALAD

Chickpeas, black beans, green peppers, red onion, cumin, curry, creamy garlic dressing

4.87

SPINACH SALAD

Spinach, tomato, cucumber, feta, red onion, sunflower seeds, raspberry vinaigrette

7.52

CAESAR

Romaine lettuce, bacon, croutons, Parmesan, cracked black pepper

7.52

CHICKEN CAESAR

9.41

BUDDHA SNACKS

Served with pita wedges, kalamata olives and red onion rings

HUMMUS

6.99

ROASTED RED PEPPER HUMMUS

6.99

FEISTY FETA (SPICY)

6.99

BABY SAMOSAS

6.15

SOUP OF THE DAY

3.98

BEVERAGES

TO GO

Perrier

2.14

Jones Soda

2.21

Root Beer, Orange and Cream, Strawberry

Lime, Blue Bubblegum, Cream Soda

Stewart's Soda

2.21

Black Cherry Soda, Lime Soda

V8

2.21

Original or Berry Blast

Ocean Spray

2.21

CranGrape

Red Bull

4.20

Espresso

1.52

Cappuccino

2.31

Latte

2.85

Hot Chocolate

1.50

Speciality Hot Chocolate

3.04

Tea – Herbal and high test

1.30

Coffee

1.30

Decaf Coffee

1.30

*ALL PRICES BEFORE TAX