

## GRAB & GO

<b>FRUIT CUP</b> Fresh Cut Seasonal Fruits	5.50
<b>VEGETABLE CUP</b> Fresh Cut Seasonal Vegetables	4.50
<b>YOGURT PARFAIT</b> Vanilla Yogurt / Granola / Seasonal Fruit	5.50
<b>SPRING ROLLS</b> Vegetable Spring Rolls	5.00
<b>HUMMUS &amp; NAAN</b> Chickpea with Tahini and Lemon	4.75
<b>BENTO SUSHI ASSORTED</b> MKT PRICE	
<b>PROTEIN PACK</b> Cheddar / Brie / Hardboiled Egg / Fresh Fruit / Fresh Vegetables / Trail Mix	7.00
<b>CHARCUTERIE PACK</b> Assorted Italian Meats / Artisan Cheeses / Crackers	8.50

## HANDHELDS

<b>THE LUMBERJACK</b> Ham / Genoa / Turkey / Aged Cheddar / Red Onion / Roma / Lettuce / Dijon Mayo / Ciabatta	9.00
<b>VIU BUNNY WRAP</b> Eggplant / Zucchini / Red Onion / Bell Pepper / Quinoa / Hummus / Spinach / Flour Tortilla / Balsamic	7.50
<b>FALAFEL</b> Cucumber / Tomato / Red Onion / Artisan Greens / Tzatziki / Falafel / Feta / Flour Tortilla	7.50
<b>RUE DI ROMA</b> Genoa / Red Onion / Artisan Greens / Tomato / Provolone / Pesto Aioli / Ciabatta	8.00
<b>TURKEY SANDWICH</b> Artisan Greens / Turkey Breast / Homemade Stuffing / Cranberry Mayo / French Baguette	8.00
<b>SLOW ROAST BEEF SANDWICH</b> In House Roast Beef / Artisan Greens / Red Onion / Horseradish Aioli / Garlic Mayo / French Baguette	8.50
<b>EGG SALAD CROISSANT</b> Local Eggs / Onion / Mayo / Artisan Greens / Butter Croissant	6.50
<b>PIZZA SLICE</b> Pepperoni Vegetarian	3.75

## SALADS

<b>JUST BEET IT</b> Beets / Carrots / Goat Cheese / Spinach / Arugula / House Balsamic	8.00
<b>TUSCAN GREENS</b> Mixed Artisan Greens / Cherry Tomatoes / Black Olives / Bell Peppers / Feta / House Pesto Dressing	8.00
<b>VIU CAESAR</b> Kale / Shredded Parm / Chick Peas / Bell Peppers / House Caesar Dressing	7.00
<b>BENSON CLASSIC</b> Mixed Artisan Greens / Pecans / Cremini Mushrooms / Seasonal Berries / Radish / House Balsamic Dressing	8.00

## POWER BOWLS

<b>STAIRMASTER</b> Quinoa / Hazelnuts / Spinach / Yam / Onion / Cucumber / Hummus	9.00
<b>THE CRISPY PEA</b> Couscous / Chick Pea / Red Onion / Kale / Bell Pepper / Cherry Tomato / Tzatziki	8.50
<b>THE BAMBI BOWL</b> Buckwheat / Broccoli / Black Beans / Radishes / Green Onion / Cilantro-Pesto Dressing	8.00

## COMBINATIONS

<b>ADD SOUP TO SANDWICH OR SALAD</b> + \$2.50
<b>ADD SODA TO SANDWICH OR SALAD</b> + \$2.00
<b>ADD JUICE WITH PASTRY</b> + \$0.75
<b>ADD 16 OZ COFFEE WITH PASTRY</b> + \$1.50

## BAKERY

<b>ASSORTED BAKERY PRODUCTS</b>	
MUFFINS	2.50
CHOCOLATE CROISSANT	3.25
CROISSANT	3.00
TURNOVER	2.50
CINNAMON BUN	3.50
DANISH	3.00
COOKIE	1.50
ASSORTED CAKE SLICES	4.00

## HOT BEVERAGES

<b>SALT SPRING COFFEE</b>	
12 oz	2.25
16 oz	2.50
<b>TEA</b>	2.50

# MOUNT BENSON MARKET

All Prices are Taxes Included