

GRAB AND GO

Fruit Cup 5.50
Fresh Cut Seasonal Fruits

Vegetable & Hummus 5.00
Fresh Cut Seasonal Vegetables

Spring Rolls 5.00
Vegetable Spring Rolls

Hummus & Naan 4.75
Chickpea with Tahini and Lemon

Shrimp Gyoza 7.00

Protein Pack 7.50
Cheddar / Brie / Hardboiled Egg / Fresh Fruit /
Fresh Vegetables / Trail Mix

HOT ITEMS

Benson Burger 5.50

Benson Cheese Burger 6.50

Chicken Strips 5.00

Onion Rings 5.00

Smokie 4.50

Samosa 4.50

Breakfast Burrito 5.00

Bacon or Sausage or Veggie

HANDHELDS

The Lumberjack 9.00
Ham / Genoa / Turkey / Aged Cheddar / Red
Onion / Roma / Lettuce / Dijon Mayo

Mediterranean Wrap 7.50
Roasted Zucchini, Red Onion, Bell Pepper /
Quinoa / Hummus / Spinach / Flour Tortilla /
Balsamic

Falafel 7.50
Cucumber / Tomato / Red Onion / Artisan
Greens / Tzatziki / Falafel / Feta / Flour Tortilla

Rue di Roma 8.00
Fresh Tomato / Sliced Mozza / Roasted Red
Onion / Artisan Greens / Pesto Mayo /
Focaccia

Turkey Sandwich 8.00
Artisan Greens / Turkey Breast / Homemade
Stuffing / Cranberry Mayo / French Baguette

Philly Cheesesteak 8.50
Shaved Roast Beef / Roasted Bell Pepper / Red
Onion / Provolone Cheese / Garlic
Horseradish Mayo

Egg Salad Croissant 6.50
Local Eggs / Onion / Mayo / Artisan Greens /
Butter Croissant

Chicken Caesar Wrap 8.50
Crispy Chicken Breast / Parmesan / Kale /
Caesar Dressing / Crispy Chick Pea / Flour
Tortilla

POKE BOWLS

Smoked Salmon 10.00
Smoked Salmon / Cucumber / Red Cabbage /
Carrot / Radish / Sushi Rice

Chicken Poke 10.00
Sweet Soya Chicken / Cucumber / Red
Cabbage / Carrot / Radish / Sushi Rice

Veggie Poke 10.00
Sesame Roasted Yam / Red Cabbage / Carrot /
Cucumber / Edamame / Sushi Rice

SALADS

VIU Caesar 7.00
Kale / Shredded Parm / Chick Peas / Bell
Peppers / House Caesar Dressing

Benson Classic 8.00
Spinach / Roasted Onion & Bell Pepper /
Mushrooms / Goat Cheese / Pecans /
Balsamic Dressing

TexMex Salad 8.00
Artisan Greens / Black Olives / Tomato /
Bell Pepper / Corn / Tortilla Chips /
Lime-Cumin Dressing

COMBINATIONS

**Add soup to sandwich or salad
+ \$2.50**

**Add soda to sandwich or salad
+ \$2.00**

**Add juice with pastry
+ \$0.75**

**Add 16 oz coffee with pastry
+ \$1.50**

HOT BEVERAGES

Salt Spring Coffee	
12 oz	2.25
16 oz	2.50
Tea	2.50

BAKERY

VIU Food Services is pleased to offer a rotating selection of premium baked goods produced by VIU Students from the Professional Baking and Culinary Arts Program.

MOUNT BENSON MARKET