



SEVEN MAIN CAFÉ

Dine in or take out. We use the freshest ingredients possible and make each sandwich to order so you can have it the way you want it. We now have frozen entries you can take home and heat!

BREAKFAST ALL DAY

Bagels (Montreal style) or Bread or English Muffin with plain, peanut butter, jam or cheese

Sandwiches (*with your choice of bread or english muffin*)

Toasted Western

PLT - Peameal bacon lettuce and tomato

Breakfast on the run

Sunrise Wrap

Breakfast in a Bowl - *Oatmeal, nuts, brown sugar, milk, dried and fresh fruit*

Raisin Bread French Toast - *stuffed with chocolate, hazelnut or jam*

Fruit Parfait - *Yogurt, homemade granola and fruit*

Waffles-Saturday special - *with fruit, whipped cream and maple syrup*

We have gluten free and low cholesterol egg white options

FOR LUNCH

Soups, Chowders and Stews - *made from scratch daily - gluten free and vegetarian options usually available*

Salads

A variety of fresh salads and homemade dressings are offered daily and made fresh for you

Classic Sandwiches - *Egg, Tuna, Chicken Salad, Veggie, Black forest Ham, Roast Beef, Turkey, Chicken or Cheese*

Served on a variety of breads from Windmill Bakery. We also have gluten free options

Wraps - *Changes weekly*

Chicken Club

Turkey Mango

Thai Veggie

Grilled Sandwiches - *Changes weekly - check our specials board or todays feature*

Ham, Swiss and Tomato

Tuna Melt

Pesto Roasted Pepper and Tomato

Chicken Cordon Blue

Hot Pots - *Changes weekly*

Quiche, Mac & Cheese, Cottage Pie, Meat pies