<table>
<thead>
<tr>
<th>NOODLE BOWLS</th>
<th>BROWN RICE BOWLS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Penne Primavera</strong></td>
<td><strong>10</strong>  <strong>Mexican Rice Bowl</strong></td>
</tr>
<tr>
<td>Served With Mixed Roasted Vegetables, Basil</td>
<td>Sweet Corn, Black Bean, Guacamole, Sharp</td>
</tr>
<tr>
<td>Tomato Sauce, Parmesan Cheese</td>
<td>Cheese, Sour Cream, Tomato Salsa</td>
</tr>
<tr>
<td><strong>Creamy Penne</strong></td>
<td><strong>10</strong>  <strong>Greek Island Rice Bowl</strong></td>
</tr>
<tr>
<td>Served With Sauteed Mushroom, Diced Tomato</td>
<td>Red Onion, Tomato, Kalamata Olives, Cucumber,</td>
</tr>
<tr>
<td>And Onion, Parmesan Cheese, Rich Cream Sauce</td>
<td>Feta Cheese, Parsley And Tzatziki</td>
</tr>
<tr>
<td><strong>Asian Teriyaki</strong></td>
<td><strong>10</strong>  <strong>Asian Rice Teriyaki</strong></td>
</tr>
<tr>
<td>Rice Noodles, Asian Vegetable Medley, Ginger,</td>
<td>Asian Vegetable Medley, Ginger, Garlic, Teriyaki</td>
</tr>
<tr>
<td>Garlic, Teriyaki Sauce</td>
<td>Sauce</td>
</tr>
</tbody>
</table>

Add Slow Cooked Pulled Beef or Grilled Halal Chicken for 4
FAVOURITES

Poolside’s Burger
In House Made Patty, Served With Lettuce, Tomato, Pickle. Add Cheese 1.5, Add Bacon 2

Big Onion Burger
In House Made Patty, Lettuce, Tomato, Crispy Onion Rings, Swiss Cheese, Buttermilk Ranch

Great Canadian Burger
In House Made Patty, Lettuce, Tomato, Back Bacon, Canadian Cheddar

Mexican Burger
Lettuce, Tomato, Cheddar Cheese, Guacamole, Tomato Salsa

Chicken Wings & Frites 1lb
Served With Your Choice of Sauce: Smokey BBQ, Sweet Chili, Honey Garlic, Spicy Hot, or Naked

Quesadilla
Peppers, Onions, Mexican Seasoning, Sharp Cheeses, Sour Cream, Salsa. Add Chicken 3

Chicken Strips & Chips

SANDWICHES AND WRAPS

Steak Sandwich
Ciabatta Bun, Grilled Steak, Sautéed Onion and Mushroom, Garlic Aioli

Chicken Caesar Wrap
Crisp Romaine Lettuce, Creamy Garlic Dressing, Parmesan Cheese, Grilled Chicken Breast

BBQ Chicken
Maple BBQ Seasoned Chicken, Spicy Mayo, Sliced Apple, Swiss Cheese

Vegetable Hummus Wrap
Whole Grain Tortilla, Mixed Grilled Balsamic Vegetables, Traditional Hummus

Falafal Pita
Lettuce, Tomato, Red Onion, Roasted Red Pepper, Tzatziki. Substitute Pulled Beef or Chicken For 4

All Favourites, Sandwiches and Wraps are served with potato frites. Substitute a Poolside Salad or Sweet Potato Frites for $3

SIDES

Potato Frites 4.5
Sweet Potato Frites 5.5
Soup of the Day 4
BUILD-A-SALAD

Salad includes 1 Protein + 3 Toppings

**STEP 1**
**PICK YOUR GREENS**
Farmers Greens
Kale
Romaine

**STEP 2**
**PICK YOUR PROTEIN**
(You Can Substitute 2 Toppings For 1 Protein)
Chopped Chicken
Flaked Salmon
Hard Boiled Egg
Tuna

**STEP 3**
**PICK YOUR TOPPINGS**
Black Beans
Chickpeas
Cucumber
Feta Cheese
Green Peas
Mushrooms
Olives
Pickles
Red Onion
Shredded Cheese
Sweet Corn
Sweet Peppers
Tomato
* Weekly Special Toppings

**STEP 4**
**PICK YOUR DRESSING**
Balsamic
Vinaigrette
Blue Cheese
Creamy Caesar
Herb Vinaigrette
Oregano Greek
Vinaigrette

* Special Offer: Make it a COMBO: Salad includes 1 Protein + 3 Toppings

**Small** 6
**Large** 12

Price:
Small: $9.99
Large: $9.99

**MAKE IT A COMBO**

[Images of various toppings and dressings]
BUILD-A-SANDWICH

Sandwich or Wrap 6

STEP 1
PICK YOUR BUN
- Potato
- Pretzel
- Sesame
- Gluten Free
- Teff Tortilla
- Wrap: Spinach, Sun Dried Tomato, Whole Wheat

STEP 2
PICK YOUR PROTEIN
- Black Forest Ham
- Smoked Turkey
- Roast Beef
- Roasted Vegetable Medley
- Salami

STEP 3
TOPPINGS YOUR WAY
- Cheddar
- Lettuce
- Onion
- Red Onion
- Sliced Cucumber
- Sweet Pickle
- Swiss Cheese
- Tomato

STEP 4
SAUCE IT UP
- Garlic Aioli
- Mayo
- Guacamole add 2
- Spicy Chipotle
- Sweet Honey Mustard
- Tzatziki add 2

MAKE IT A COMBO
+ $9.99