



**Breakfast served till 11:00 am*

3 Egg Omlettes - Ham and Cheese; Spinach, and Feta; Spanish Omelette with salsa, all served with a side of toast \$5.50

Bagel W Cream cheese \$1.95

Bagel W Butter \$1.75

Croissant W Butter \$1.75

W jam \$1.95

Muffins reg \$1.75

jumbo or gourmet \$2.25

Croissant-wich - 2 eggs with bacon or ham and cheddar cheese on a toasted croissant \$4.25

Bagel-wich - 2 eggs with bacon or ham and cheddar cheese on a white or whole wheat toasted bagel \$4.25

Veggie-wich - 2 eggs, tomatoe and cheddar cheese on a toasted bagel or croissant \$3.75

French Toast \$4.50

**Jams Lunch Menu served after 11 am*

Paninis

Served on a 9 grain ciabatta panini bread and grilled to perfection!

Chicken with a French Accent - Grilled seasoned chicken, hot sauce, fresh lettuce, tomatoes & cheddar cheese \$5.95

Bombay Butter - Grilled seasoned chicken with our own butter chicken sauce, cheddar cheese and organic greens - \$6.45

The Italian - Grilled seasoned chicken, sun dried tomatoes , pesto sauce with fresh lettuce and cheddar cheese \$6.25

Vegan Special - Assorted veggies with feta or brie cheese \$5.95

Wraps

The Greek - Grilled seasoned chicken topped with fresh diced onions, tomato, cucumbers and sprinkled with feta cheese and dressing \$5.45

Hail Cesar - Grilled seasoned chicken topped with lettuce, and cesar dressing \$5.25

Bombay Butter Wrap - Our very own famous butter chicken with lettuce, tomatoes and cheddar cheese \$5.45



The Roasted Turkey - Fresh oven roasted turkey with roasted red peppers and cheddar cheese \$6.25

All American - Slices of crisp bacon, fresh ettuce and sliced tomatoes \$5.95

The Canuck Melt - Tasty tuna melt with cheddar & mozzarella cheese \$5.95

Mumbai Mango Melt - Shredded tandoori chicken salad, mangoes, cheddar cheese, and organic greens \$6.45



Veggie Delhi-ght - Curried chick peas, lettuce, diced tomatoes, diced cucumbers, topped with organic yogurt and organic spinach \$4.95



"The Classics"

(Choice of Whole wheat, White or Rye bread)

The Canadian Ham- Slices of fresh ham, with lettuce, tomato, cucumber, mayo, mustard and cheddar cheese \$ 4.95

Roast Beef Classic - Slices of fresh roast beef , lettuce cucumber , tomato , cheddar cheese , mayo and mustard \$ 5.25

Turkey with Cranberry - Fresh roasted shredded turkey with cranberry sauce, lettuce, tomatoe, cucumber and mayo \$ 4.95

Tuna Salad - shredded tuna , green onions , celery, mayo, and a hint of relish w a dash of salt & pepper \$ 4.95

All burgers served on kaiser buns with lettuce tomato and onions

Jams Cheeseburger - served with a side of fries \$6.75

Jams Bacon & Cheese Burger - served with a side of fries \$6.95

Jams Mushroom & Swiss Burger - served with a side of fries \$6.95

Jams Chicken Breast Burger - served with a side of fries \$6.75

Jams Veggie Burger - veggie patty with swiss cheese & mushrooms served with fries \$6.50

Jams Halibut Burger - breaded halibut burger, served with fries \$6.75

**Add soup or side salad to any sandwich , wrap or panini for only \$2.00!*

Small soup : \$2.75

Large soup: \$3.75

Salad: sm \$2.75

lg \$3.75

Fries : sm \$2.50

lg \$3.50

Yam Fries - Sweet potatoe fries \$4.00

Veggie Classic - Lettuce, tomatoes, cucumbers, swiss cheese, with or without mayo and banana peppers. \$4.75 add cheese .50 cents

"Jams Specials"

Jam's Triple Decker Turkey Bacon Club: Double the turkey meat with slices of bacon , fresh tomatoes, lettuce and cucumber. Served with fries - \$7.99

Jams Ruben On Rye : Thinly sliced smoked corn beef on rye bread topped with sourcrot, mustard and swiss cheese. Served with fries - \$7.99



Jams Jai Burger - veggie patty topped with mushrooms & banana peppers no mayo- served with fries \$6.75

Fish & Chips - 3 pieces of battered cod fish served with fries - \$6.75

Chicken Strips & Fries - 4 crispy battered chicken strip filets , served with fries and plum sauce - \$6.75

**upgrade to yam fries \$1.00*

