

Fresh Salads

Calamari Salad - 11.50

Lightly dusted with lemon pepper and garlic on a choice of Greek or Caesar salad with Tzatziki dip.

House – sm. 4.75 lg. 8.75

Mixed greens with goat cheese, candied pecans, onions, tomatoes, and cucumber with balsamic dressing.

Caesar - sm. 4.75 lg. 8.75

Romaine lettuce, shredded parmesan cheese, real bacon bits and croutons with our Caesar dressing.

Quinoa - sm. 4.75 lg. 8.75

With tomato, cucumber, onion, feta and Greek dressing.

Greek - sm. 4.75 lg. 8.75

With tomato, red onion, pepper, cucumber, olives, feta cheese cucumber and Greek vinaigrette.

Sides

Potato Fries - 3.00

Yam Fries - 4.00

Onion Rings - 3.50

Fried Pickle (3) - 1.95

Garlic Toast - 1.50

Gravy - 1.75

Poutine - 4.95

Tatar Tots—3.00

Deep fried Mac n' Cheese triangles

with ranch (5)—8.25

Corporate Sponsorship

Interested in utilizing our unique Social Enterprises as vehicles to further your organization's corporate goals?

With our community partners, we demonstrate innovative ideas that drive our businesses and community forward.

Our flexible fully customizable corporate partnership opportunities allow your organization to:

1. Utilize "Cause Marketing" to reach new customers and retain existing customers.
2. Inspire your workforce and workplace.

Community Build— 100% of proceeds support disabilities and seniors at home, work, and in the community while providing gainful employment for disabilities and seniors.

For information, please contact: info@cplf.ca

Corporate Catering Menu

Sandwich's & Wraps

7.25 per guest

Sandwiches - Oven roasted meats served on our in-house freshly baked bread. Choice of Roast Beef, Turkey Breast, Chicken Salad or Vegetarian.

Wraps - Featuring Oven Roasted Meats wrapped in a flour tortilla, your choice of Turkey Breast Club, Vegetarian, Chicken Caesar or Southwest Chicken.

Fresh Salads

5.00 per guest

Add chicken 2.75 per guest

Caesar- Romaine lettuce, shredded parmesan cheese, real bacon bits and croutons with our Caesar dressing.

House - Mixed greens with goat cheese, candied pecans, onions, tomatoes, and cucumber with home-made balsamic dressing.

Greek - With tomato, red onion, pepper, cucumber, olives, feta cheese cucumber and Greek vinaigrette.

Quinoa- With tomato, cucumber, onion, feta and Greek dressing.

Platters

Cheese, Fruit & Cracker Platter— 5.00 per guest
A variety of cheese with seasonal fruit and crackers.

Vegetable Platter— 4.00 per guest

Crisp bite-sized seasonal vegetables with ranch dressing.
Add hummus 6oz. 4.00 | 12oz 6.00 | 16oz 8.00

Continental Breakfast— 3.85 per guest

An assortment of freshly baked Scones, Muffins, Croissants Banana Bread, and mini donuts.

Dessert Tray— 3.85 per guest

A delicious assortment of squares, cookies, and mini donuts.

Beverages

Soft Drinks 1.25 **Bottled Water** 1.25 **Juices** 1.50

Milk 2.25

Pure Leaf Ice Tea 2.75

Karma Vitamin Water 3.00

- We request 48 hours notice to fill orders.
- Our delivery fee is \$15 anywhere in Calgary.
- We offer net 30 days to trusted companies.

LIFESTYLES BISTRO

CATERING & BAKERY

Our Chef Inspired Menu

Summer 2017

**Purchase with purpose,
Proceeds support disabilities and seniors.**

Healthy Food and Sustainable Communities is Our Commitment!

Our meals have:

- No preservatives.
- No nitrates as our meats are oven-roasted.
- No msg.
- No artificial flavours
- No artificial colours
- Locally sourced ingredients.
- Fairtrade and Organic coffee.

**We are a proud Social Enterprise of
Calgary Progressive Lifestyles Foundation.**

www.lifestylesbistro.ca

Charity# 140844846RR0001

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Email: bistro@lifestylesbistro.ca



Breakfast (served all day)

We only use locally sourced ethically raised free-range eggs.

Classic Breakfast - 10.75

Two eggs with your choice of crisp bacon, English bangers or ham. Served with toast, hash browns and fresh fruit.

Popeye Omelette - 9.99

Eggs loaded with spinach, tomatoes, bell peppers, onions, and cheddar. Served with toast, hash browns, and fresh fruit. *(egg whites only option available).*

Breakfast English Muffin – 5.25

Fried egg with choice of crisp bacon or sausage patty.

Breakfast B.E.L.T. – 5.99

Fried egg, smoked bacon, crisp green lettuce and fresh tomato.

Grilled Breakfast Burrito – 7.95

Scrambled egg, cheddar cheese, sausage, bell pepper, onion, sour cream and salsa.

Breakfast Poutine – 8.99

Choice of hash browns or tater tots, gravy, cheese curds, bacon and one egg sunny side up.

Oatmeal – 5.25

Whole grain goodness served with honey or brown sugar and fresh berries.

Grilled Denver Panini – 8.75

Scrambled egg with double smoked ham, peppers, and onions and real cheddar cheese.

Burgers & Sandwiches

Your choice of fries, house salad or soup.

Bistro Burger - 10.75 *(vegetarian available)*

In-house made AAA angus beef patties topped with cheese, lettuce, tomato, crispy onions and pickles on our homemade brioche bun. *Add mushrooms or bacon 1.75*

Crispy Chicken Burger - 10.75

Golden to perfection, topped with lettuce, tomato, mayo, and cheddar cheese with our brioche bun.

Reuben - 9.25

This grilled classic has corned beef, mustard aioli, sauerkraut, melted swiss cheese and a deep fried pickle.

B.L.T.C.- 8.99

This toasted classic with bacon, lettuce & tomato with cheese and mayo.

Lifestyles Clubhouse Sandwich - 10.25

This toasted triple-decker with turkey, bacon, lettuce, tomato, cheddar and mayo.

Turkey Sandwich – 8.25

Slow cooked turkey, lettuce, cheese, tomato and our signature cranberry aioli.

Beef Dip – 11.75

Thinly sliced slow-roasted beef, crispy onions and horseradish mayo, served with a side of home-made au jus.

Pulled Pork Sandwich – 10.25

Slow braised pork with crispy onions, mushrooms with dijon aioli on our homemade hoagie bun.

Chicken Salad Sandwich - 8.25

Served with our homemade bread, with red onion, celery, and mayo topped with lettuce, tomato, and cucumber.

Wraps

Southwest Chicken Wrap - 9.75

Roasted corn, beans, bell peppers, lettuce, shredded cheddar and jalapenos with chipotle aioli.

Turkey Club Wrap - 9.25

Lettuce, tomato, bacon, cheese, and cranberry aioli.

Crispy Chicken Wrap - 9.99

Breaded chicken tenders, ranch, lettuce, tomato and shredded cheddar.

Veggie Wrap - 8.99

Lettuce, quinoa, cucumber, tomato, spinach, goat cheese, hummus, Greek feta dressing, carrots.

Daily Home-Made Soups

Cup 4.50 Bowl 5.75

Monday	- Creamy Chicken Cacciatore
Tuesday	- French Onion
Wednesday	- Lemon Chicken Orzo
Thursday	- Beef Barley
Friday	- New England Clam Chowder

Daily - Tomato Basil

* Prices & items subject to change. *

Entrées

Chicken and Mushroom Alfredo - 11.95

This simply delicious dish is served with grilled chicken and mushrooms with alfredo on a bed of penne pasta.

Perogies & Sausage - 10.25

Fried perogies, farmer's sausage, caramelized onions and sauerkraut, served with sour cream.

Fish & Chips - 10.75

Battered cod deep fried to golden perfection with coleslaw, fries and tartar sauce.

Mac n' Cheese - 7.75

This classic comfort food has macaroni with real melted cheddar cheese.

Chicken Fingers - 6.50

This classic offers three golden crispy tenders with fries and choice of dipping sauce.

Paninis

Your choice of fries, house salad or soup.

Philly Cheese Steak Panini – 10.75

Thinly sliced AAA sirloin steak, sautéed peppers, onions, mushrooms, melted provolone cheese, and garlic aioli.

Supreme Ham Mozza Panini - 8.75

Ham, spinach, tomato, and mozzarella, with mustard aioli

Chicken Pesto Panini – 8.50

Grilled chicken breast topped with lettuce, tomato, pesto aioli, with real cheddar and mozza.

Grilled Turkey Melt Panini – 9.99

Slow cooked turkey, swiss & cheddar cheese, grilled tomato and cranberry aioli on your choice of bread.

Grilled Tuna Melt Panini - 8.75

Chunk light tuna salad with melted mozza cheese and onion for the perfect combination.

Beverages

Pop– 1.25	Juice– 1.50	Milk– 2.25
Bottle Water– 1.25	Pure Leaf Ice Tea– 2.75	
Karma Vitamin Water 3.00	Tea– 1.95	
Fresh Fruit Smoothies- 4.99	<i>(No Sugar Added)</i>	
	<i>Mixed Berries, Mango & Pineapple,</i>	
	<i>Strawberry & Banana</i>	<i>Add protein 1.00</i>