Soup
Creamy Tomato & Ham
Butternut Vegetable
(Vegan, Gluten Free, Salt Reduced)

OPEN
Monday - Friday

Tim Hortons
7:30am - 5pm

The Grill House
7:30am - 5pm

Nature’s Best, Mom’s Kitchen,
Wok-a-Thon & Maple Leaf Deli
11am - 2pm

Salad Bar ~ 7:30am - 4pm
Soup Bar ~ 11am - 4pm
Need-a-Pita ~ 11am - 4:30pm

8am - 4pm
10am - 4pm

Bean & Ontario Tomato Ragout
(Vegan, Gluten Free)
Ontario Mushroom & Local Asparagus Quiche

Beef & Local Root Veg Stew
(Gluten Free)
Ontario BBQ 1/4 Chicken
(Halal, Gluten Free)

Manicotti
Tues. June 5

Nature’s Best Vegetarian

Ancho Bean Chili w. Local Veg (Vegan, Gluten Free)

Ontario Mushroom Tacos (Vegan)

U of G Smoked Ribs (Gluten Free)

Local Chicken with Ontario Mushroom Cream Sauce (Gluten Free, Halal)

Pastabilities

Baked Pasta will be available daily at Mom’s Kitchen or Nature’s Best

Celebrating local food & the people who make it happen all year long.

June 4 - 8

OPEN
Monday - Friday

Tim Hortons
7:30am - 5pm

The Grill House
7:30am - 5pm

Nature’s Best, Mom’s Kitchen, Wok-a-Thon & Maple Leaf Deli
11am - 2pm

Salad Bar ~ 7:30am - 4pm
Soup Bar ~ 11am - 4pm
Need-a-Pita ~ 11am - 4:30pm

8am - 4pm

10am - 4pm
Quinoa Stuffed Local Peppers
(Vegan, Gluten Free)
Caribbean Chickpea Burrito

U of G Pulled Pork
(Gluten Free)

Ontario Chicken Pot Pie
(Halal)

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June 4 - 8

OPEN
Monday - Friday

Tim Hortons
7:30am - 5pm

The Grill House
7:30am - 5pm

Pizza Pizza
11am - 5pm

Nature’s Best, Mom’s Kitchen,
Wok-a-Thon & Maple Leaf Deli
11am - 2pm

Salad Bar ~ 7:30am - 4pm
Soup Bar ~ 11am - 4pm
Need-a-Pita ~ 11am - 4:30pm

8am - 4pm
10am - 4pm
Moroccan Lentil Stew w. Ontario Peppers (Vegan, Gluten Free)

Perogies

Bacon Wrapped U of G Meatloaf

Ontario Chicken Caesar (Gluten Free, Halal)

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June 4 - 8

Open
Monday - Friday

Tim Hortons
7:30am - 5pm

Grill House
7:30am - 5pm

Nature's Best, Mom's Kitchen, Wok-a-Thon & Maple Leaf Deli
11am - 2pm

Salad Bar ~ 7:30am - 4pm
Soup Bar ~ 11am - 4pm
Need-a-Pita ~ 11am - 4:30pm

Starbucks
8am - 4pm

Booza
10am - 4pm
Ontario Ratatouille Stuffed Grilled Local Zucchini
(Vegan, Gluten Free)

House BBQ Smoked Tofu w. House Baked Beans

Fish n’ Chips with U of G Pickle Remoulade (Halal)

Ontario Apple Stuffed Pork Loin

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June 4 - 8
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10am - 4pm