

LUNCH

SANDWICHES

SERVED WITH FRIES & GARLIC AIOLI

SUBSTITUTION FOR POUTINE, ARUGULA, KALE, OR MIXED GREEN SALAD (\$2)

ADD STRIP BACON (\$4), GUACAMOLE (\$3.5), BRIE (\$3.5), CHEVRE (\$3.5) PICKLED ONION (\$2), PICKLE (\$1.5)

AVOCADO SMOKED CHICKEN | 17
CIABATTA, SMOKED CHICKEN BREAST, BRIE, RED ONION, AVOCADO AIOLI

INSOMNIA BURGER | 17
COOKED MEDIUM

MARTIN'S POTATO BUN, 6oz GROUND CHUCK, CHEDDAR, LETTUCE, TOMATO, RED ONION, PICKLE, GARLIC AIOLI

JL **FRIED CHICKEN THIGH SANDWICH | 17**
SUBSTITUTE CHICKEN BREAST (\$3)
MARTIN'S POTATO BUN, STRIP BACON, CREAMY SLAW, ZARKON SAUCE

STEAK SANDWICH | 20
COOKED MEDIUM

CIABATTA, SAUTÉED ONIONS & MUSHROOMS, CHEESE BLEND, ARUGULA, CHIPOTLE AIOLI

V **VEGETABLE WRAP | 15**
ADD CHICKEN BREAST (\$7)
SUNDRIED TOMATO TORTILLA, QUINOA SALAD, ONION SPROUTS, ARUGULA, BABY SPINACH, ROASTED SQUASH, GARLIC HUMMUS, LEMON TAHINI DRESSING

FRIES

GF VG **HAND CUT FRIES | 8**
WITH GARLIC AIOLI

VG **SWEET POTATO FRIES | 9**
WITH CHIPOTLE AIOLI

GF VG **POUTINE | 13**
ADD PULLED PORK 4oz (\$5.5)
HAND CUT FRIES, CHEESE CURDS, GRAVY

SALADS

ADD GRILLED CHICKEN BREAST (\$7), 5 GRILLED TIGER SHRIMP (\$7), GRILLED SALMON (\$16)

GF V **MIXED GREENS & ROOT VEGETABLES | 11**
MIXED GREENS, RED BEETS, BUTTERNUT SQUASH, ONION SPROUTS, CARROTS, ROASTED SUNFLOWER SEEDS, DRIED CRANBERRIES, CARAMELIZED SHALLOT DRESSING

GF V **KALE SALAD | 11**
SUGAR SNAP PEAS, PINE NUTS, ONION SPROUTS, CARROTS, LEMON TAHINI DRESSING

GF VG **ARUGULA SALAD | 11**
HONEY ROASTED PEAR, ROASTED PECANS, CHERRY TOMATOES, CHEVRE, BALSAMIC VINAIGRETTE

MAIN

JL **FRIED CHICKEN 'N WAFFLES | 24**
SUBSTITUTE CHICKEN BREAST (\$6)
BONELESS THIGHS, CREAMY SLAW, HONEY-MAPLE BUTTER, ZARKON SAUCE

GF GLUTEN-FREE **VG** VEGETARIAN **V** VEGAN

..... INSOMNIA EST. 1997