

LUNCH

SANDWICHES

SERVED WITH FRIES & GARLIC AIOLI

SUBSTITUTE FOR POUTINE, ARUGULA, KALE,
OR MIXED GREENS SALAD (\$2)

ADD STRIP / PEAMEAL BACON (\$4), TURKEY
BACON (\$4.5), GUACAMOLE (\$3.5), BRIE (\$3.5),
CHÈVRE (\$3.5) PICKLED ONION (\$2), PICKLES (\$1.5)

AVOCADO SMOKED CHICKEN | 17

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

INSOMNIA BURGER | 16

ACE BAKERY BUN, 6oz CANADIAN CHUCK,
CHEDDAR, LETTUCE, TOMATO, RED ONION,
PICKLE, GARLIC AIOLI

FRIED CHICKEN THIGH SANDWICH | 17

SUBSTITUTE CHICKEN BREAST (\$3)
ACE BAKERY BUN, STRIP BACON,
CREAMY SLAW, ZARKON SAUCE

STEAK SANDWICH | 20

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

V VEGETABLE WRAP | 15

ADD GRILLED 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,
SWEET ONION VINAIGRETTE

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, CHÈVRE,
BALSAMIC VINAIGRETTE

MAIN

FRIED CHICKEN 'N WAFFLES | 21.5

SUBSTITUTE CHICKEN BREAST (\$6)
BONELESS THIGHS, CREAMY SLAW,
HONEY-MAPLE BUTTER, ZARKON SAUCE

GF GLUTEN-FREE VG VEGETARIAN V VEGAN

INSOMNIA EST. 1997