

# LUNCH

## SANDWICHES

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 | 13**  
CIABATTA, SMOKED CHICKEN BREAST, BRIE, RED ONION, AVOCADO AIOLI

**INSOMNIA BURGER | 12**  
COOKED MEDIUM  
MARTIN'S POTATO BUN, 6oz GROUND CHUCK, CHEDDAR, LETTUCE, TOMATO, RED ONION, PICKLE, GARLIC AIOLI

**FRIED CHICKEN THIGH SANDWICH | 13**  
SUBSTITUTE CHICKEN BREAST (\$3)  
MARTIN'S POTATO BUN, STRIP BACON, CREAMY SLAW, ZARKON SAUCE

**STEAK SANDWICH | 16**  
COOKED MEDIUM  
CIABATTA, SAUTÉED ONIONS & MUSHROOMS, CHEESE BLEND, ARUGULA, CHIPOTLE AIOLI

**V VEGETABLE WRAP | 11**  
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 | 7**  
WITH GARLIC AIOLI

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

**GF VG POUTINE | 12**  
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 | 9**  
MIXED GREENS, RED BEETS, BUTTERNUT SQUASH, ONION SPROUTS, CARROTS, ROASTED SUNFLOWER SEEDS, DRIED CRANBERRIES, CARAMELIZED SHALLOT DRESSING

**GF V KALE SALAD | 9**  
SUGAR SNAP PEAS, PINE NUTS, ONION SPROUTS, CARROTS, LEMON TAHINI DRESSING

**GF VG ARUGULA SALAD | 9**  
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