

# LUNCH

## SANDWICHES

ADD STRIP / PEAMEAL BACON (\$3.45),  
TURKEY BACON (\$4.45), GUACAMOLE (\$3.45)

**AVOCADO SMOKED CHICKEN | 11.45**  
CIABATTA, BRIE, RED ONION, AVOCADO AIOLI

**INSOMNIA BURGER | 11.45**  
COOKED MEDIUM  
MILK BUN, 6oz GROUND CHUCK,  
CHEDDAR, LETTUCE, TOMATO, RED ONION,  
PICKLE, GARLIC AIOLI

**FRIED CHICKEN THIGH SANDWICH | 11.45**  
SUBSTITUTE CHICKEN BREAST (\$2.95)  
MILK BUN, STRIP BACON,  
CREAMY SLAW, ZARKON SAUCE

**STEAK SANDWICH | 15.45**  
COOKED MEDIUM  
CIABATTA, SAUTÉED ONIONS & MUSHROOMS,  
CHEESE BLEND, ARUGULA, CHIPOTLE AIOLI

**V VEGETABLE WRAP | 10.45**  
ADD GRILLED CHICKEN BREAST (\$6.95)  
SUNDRIED TOMATO TORTILLA, QUINOA SALAD,  
ONION SPROUTS, ARUGULA, BABY SPINACH,  
ROASTED SQUASH, GARLIC HUMMUS,  
LEMON TAHINI DRESSING

## SIDES

**GF VG HAND CUT FRIES | 6.45**  
WITH GARLIC AIOLI

**VG SWEET POTATO FRIES | 8.45**  
WITH CHIPOTLE AIOLI

**GF VG POUTINE | 10.95**  
ADD PULLED PORK 3oz (\$4.45)  
HAND CUT FRIES, CHEESE CURDS, GRAVY

## SALADS

ADD GRILLED CHICKEN BREAST (\$6.95),  
5 GRILLED TIGER SHRIMP (\$6.95), GRILLED SALMON (\$15.95)

**GF V MIXED GREENS & ROOT VEGETABLES | 7.95/13.95**  
MIXED GREENS, RED BEETS, BUTTERNUT SQUASH,  
ONION SPROUTS, CARROTS, ROASTED  
SUNFLOWER SEEDS, DRIED CRANBERRIES,  
CARAMELIZED SHALLOT DRESSING

**GF V KALE SALAD | 7.95/13.95**  
SUGAR SNAP PEAS, PINE NUTS, ONION  
SPROUTS, CARROTS, LEMON TAHINI DRESSING

**GF VG ARUGULA SALAD | 7.95/13.95**  
HONEY ROASTED PEAR, ROASTED PECANS,  
CHERRY TOMATOES, CHÈVRE,  
BALSAMIC VINAIGRETTE

## MAIN

**FRIED CHICKEN 'N WAFFLES | 21.45**  
SUBSTITUTE CHICKEN BREAST (\$5.45)  
BONELESS THIGHS, CREAMY SLAW,  
HONEY-MAPLE BUTTER, ZARKON SAUCE

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

..... INSOMNIA EST. 1997 .....