

## Breakfast

Served All Day Every Day!

Egg Sandwich .....\$3.62  
Add Cheese OR Ham .....\$4.65  
Add Cheese & Ham.....\$ 5.62

*On Sunflower Rye with Mayo & Tomato*

Bullring Breakfast Wrap .....\$6.06  
*Chipotle mayo, egg, bacon bits, cheddar  
cheese, lettuce and tomato in a toasted wrap*

Breakfast Bagel .....\$6.06  
*Chipotle Mayo, lettuce, tomato, cheddar cheese, ham,  
egg on a toasted bagel*

Sunflower Rye Toast  
with Peanut Butter or Jam .....\$3.81

Bagel with Cream Cheese .....\$2.62  
with Jam/Peanut Butter..... \$2.38  
with Butter .....\$2.14

*Plain, Cinnamon Raisin, 12 Grain, Everything*

## Beverages

Soft Drinks(cans).....\$1.55  
White & Chocolate Milk .....\$2.21  
San Pellegrino Cans/Perrier.....\$2.52  
Gatorade.....\$2.65  
Juice .....\$1.77  
Sobe .....\$3.76  
Kombucha .....\$4.75  
Fair Trade Coffee .....\$1.63/2.21  
Fair Trade Tea .....\$1.44  
Hot Chocolate .....\$1.99/2.65  
Cappuccino .....\$1.99/2.65

## Soups & Salads

Soup of the Day .....\$2.72

Bullring House Salad .....sm \$4.73 / lg \$6.95  
*Mixed greens with cabbage, carrots, tomato, onion,  
black olives and sunflower seeds  
Balsamic Vinaigrette, Poppy seed Vinaigrette,*

Greek Salad .....sm \$4.87/ lg \$7.39  
*Mixed greens with tomato, onion, feta cheese and olives*

Caesar Salad.....sm \$4.87 / lg \$7.39  
*Crisp romaine, Caesar dressing, croutons and bacon bits*

Cranberry Almond Salad.....sm \$4.87 / lg \$7.39  
*Mixed greens, feta cheese, cranberries and slivered  
almonds with garlic orange vinaigrette*

## Pizza

Mediterranean Pizza.....\$6.86  
*Pesto, tomato, onion, feta and mozzarella cheese*

Classic Pizza .....\$6.86  
Tomato sauce, tomato, onion, green peppers and  
mozzarella cheese

Cheese Pizza.....\$6.86  
*Tomato Sauce and Cheese*

Pepperoni Pizza .....\$6.86  
*Tomato sauce, pepperoni and mozzarella cheese*

Vegan Pizza .....\$6.86  
*Tomato sauce, mushrooms, tomato & onion topped  
with vegan cheeze*

## Appetizers

Bruschetta Bread .....\$4.95  
*Tomato, Onion, Basil, Olive oil on toasted flatbread  
(VEGAN)*

Spinach & Artichoke Dip .....\$6.06  
*Creamy dip with asiago cheese, served hot with toasted  
pita and corn chips (VEGETARIAN)*

Hummus & Bread .....\$4.11  
*3 Slices Sunflower Rye with a scoop of our homemade  
hummus. (VEGAN)*

Quesadilla - Veggie .....\$5.53  
- Chicken .....\$7.74  
*Shredded Cheddar, tomato and onion folded in a tortilla  
and baked.  
Served with Sour Cream & Salsa*

Antojitos .....\$6.06  
*2 Tortillas spread with Spicy Cream Cheese, rolled,  
baked and sliced.(VEGETARIAN)  
Served with Sour Cream & Salsa*

Nachos .....\$7.04  
*Corn Chips topped with onions, tomatoes, green  
peppers and shredded cheese with sour cream and salsa  
(VEGETARIAN)*

Vegan Nachos .....\$7.04  
*Corn Chips topped with onions, tomatoes, green  
peppers and vegan cheeze with a side salsa*

Garlic Bread .....\$4.42  
*On an open-faced ciabatta bun topped with melted  
mozzarella cheese (VEGETARIAN)*

## Sandwiches

*On choice of white, whole wheat or gluten free bread*

Grilled Vegetable & Hummus .....\$5.09

*Grilled zucchini, green pepper and onion, cabbage, carrots, lettuce and tomato with our homemade hummus (VEGAN)*

Ham & Swiss .....\$5.53

*Smoked ham, lettuce, tomato and dijonaise topped with swiss cheese*

Turkey Pesto .....\$5.53

*Turkey, lettuce, tomato and pesto spread*

Turkey Club .....\$5.53

*Turkey, salami, lettuce, tomato and mayo*

BBQ Beef & Mozzarella .....\$6.06

*Warm Roast Beef with smoked BBQ sauce topped with tomato and mozzarella cheese*

Philly Cheese Steak ..... \$6.64

*Warm Roast Beef, grilled mushrooms, peppers and onions topped with mozzarella cheese*

Chicken Asiago Salad .....\$5.53

*Chicken tossed with mayo, celery, asiago cheese & artichokes topped with lettuce & tomato*

Goat Cheese & Portobello .....\$6.19

*Roasted Red Pepper, Grilled Portobello & Onion with Goat Cheese(VEGETARIAN)*

Veggie Burger .....\$5.53

*A veggie patty grilled, topped with lettuce tomato and hummus. (VEGAN)*

## Wraps

*On choice of white, whole wheat or gluten free wrap*

Tofu Wrap .....\$5.09

*Warm soy/Sesame marinated tofu, lettuce, tomato, onion, soy sesame glaze & vegan mayo in a toasted wrap (VEGAN)*

Black Bean Wrap .....\$5.09

*Our house made black bean mix, topped with lettuce, cabbage, carrot, onion, cucumber & tomato (VEGAN)*

Caesar Wrap .....\$5.09

*Crisp romaine, Caesar dressing, bacon bits in a toasted wrap*

Chicken Caesar Wrap .....\$6.19

*Crisp romaine, Caesar dressing, chicken and bacon bits in a toasted wrap*

Chicken Chipotle Wrap .....\$6.19

*Chicken, lettuce, tomato and chipotle mayo in a toasted wrap*

Turkey Swiss Wrap .....\$6.19

*Turkey, cranberry mayo, onion and lettuce in a toasted wrap*

Tuna Wrap .....\$5.09

*Tuna salad, lettuce & tomato in a toasted wrap*

Tuna Melt .....\$5.53

*2 Slices on sunflower rye topped with tuna salad and melted cheese, served open face.*

## Entrees

Chicken Tikka Masala .....\$7.04

*Marinated Chicken in a spicy tomato sauce served over a bed of rice with garlic pita. (GF with Corn Chips instead of Pita)*

Chana Masala .....\$5.53

*Chickpeas, tomatoes and curry spices served over a bed of rice with mango chutney (VEGAN & GF)*

Bean Burrito .....\$6.06

*Our house made bean blend, lettuce, tomato and cheese in a toasted wrap served with sour cream & salsa (VEGETARIAN – CAN BE MADE VEGAN)*

Bean Bowl .....\$6.06

*Our house made bean blend served over rice with lettuce, diced tomato & cheddar cheese served with sour cream & salsa (GLUTEN FREE & VEGETARIAN – CAN BE MADE VEGAN)*

Mac n Cheese..... \$5.09

*Hot and cheesy, a Bullring favourite.(vegetarian)*

## Add Ons & Miscellaneous

Regular Cookies .....\$1.00 2/\$1.50

GF/Vegan Cookies .....\$2.21

Chips.....\$1.50

Muffins .....\$1.75

Apples or Pears.....\$1.50

Brownie/Banana..... \$2.85

Nutah Bar .....\$2.50

Add Tofu/Tuna/Hummus.....\$3

Add Cheese/Bacon/Bread..... \$1.50

Add Chicken .....\$3