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**Grab and Go Menu**

All items individually portioned, disposable cutlery and napkins provided

Please order at [eat@uvic.ca](mailto:eat@uvic.ca) by 9am for next business day pick up

Pick up available at the General Store in Mystic Market:

Monday to Friday 9am – 3pm

**Salads** - all salads available in 24oz

Dressings - Creamy Ranch, Caesar, Italian Parmesan or Balsamic Vinaigrette

Gourmet Greens - $6.49

Baby Tuscan lettuce, grape tomatoes, shredded carrot, and English cucumber

Spinach Salad - $7.29

Spinach, sliced oranges, goat cheese, and candied pecans

Chicken Caesar - $7.29

Romaine lettuce, sliced chicken breast, croutons, parmesan cheese, and a lemon wedge

Cobb Salad - $7.29

Spring salad, sliced chicken breast, egg, tomato, blue cheese and bacon

**Sandwiches -** $4.90

Vegetable and Cheese

Cucumber, tomato, shredded carrot, leaf lettuce and cheddar cheese on whole wheat bread

Vegetable & Hummus

Cucumber, tomato, shredded carrot, leaf lettuce, alfalfa sprouts and hummus on whole wheat bread

Egg [Salad](mailto:Salad@23.47%25)

House made egg salad, leaf lettuce, on whole wheat bread

Tuna Salad

Tuna salad, leaf lettuce, on whole wheat bread

Traditional Roast Beef

Slow roasted shaved roast beef, leaf lettuce, and Dijon horseradish mayo, on whole wheat bread

**Gourmet Sandwiches -** $7.29

Roasted Red Pepper & Goat Cheese Wrap

Sweet roasted red pepper, sliced red onion, alfalfa sprouts, goat cheese and minted mayonnaise in a whole wheat tortilla

BBQ Chicken Salad

BBQ chicken salad, red onion, and leaf lettuce on Focaccia bread

Smoked Chicken Club

Smoked chicken, bacon, leaf lettuce and sliced red onion on Focaccia bread

Tuna Salad

Tuna salad with alfalfa sprouts on a pretzel bun

**Sushi** – **Combo Sushi – Classic**

Cali Samurai Combo (8) - $9.99 California Roll (9) - $6.99

Salmon Samurai Combo (8) - $9.99 Vegetable California Roll (9) - $6.99

Tuna Samurai Combo (8) - $9.99 Spicy California Roll (9) - $6.99

Cali Shogun Combo (12) - $12.49 Spicy Salmon Roll (9) - $8.99

Salmon Lovers Combo (18) - $12.99 Dynamite Roll (9) - $8.99

Tuna Lovers Combo (18) - $13.99 Dynamite Crunch Roll (10) - $9.99

Assorted Maki Boat (18) - $12.99 Spicy California Crunch Roll (9) - $7.99

Angel Combo (16) - $7.99

Deluxe Combo (14) - $12.99

Nigiri Combo (8) - $11.99

Sashimi Combo (8) - $13.99

Salmon Sashimi (8) - $13.99

**MISC Drinks**

Fresh fruit cups - $3.49 Assorted pop 500ml - $2.89

Assorted yogurt cups -175ml - $2.50 Assorted juice 355ml can - $2.99

Fruit & Granola parfait - $5.35 Assorted AHA 355ml can - $1.75

Pita & Hummus - $5.99 Bottled Water Dasani 591ml - $2.69

In- House made cookies - $2.25

Chocolate Chip, Double Chocolate Chip,

Oatmeal Raisin, or Monster

Samosas - $4.49

Vegetable or Chicken

Sausage Rolls - $2.99

Vegetable or Beef

Assorted muffins with butter - $2.75

Assorted scones with butter - $2.90

Assorted loaf slices with butter - $2.75 Updated 7/6/21