



232 College Ave. East ~ Regina, SK ~ S4N 0V6

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Like us FACEBOOK & give, give, give to THE ISABEL JOHNSON CENTRE
Check out our silliness on INSTAGRAM - WALLNUTSTOGO

LUNCH TIME!

BOXED LUNCHES - \$15/PERSON

Individual safe little boxes filled with a deli sandwich, crisp greens with fresh garden crudities OR soup of the day OR veggies/dip + a signature cookie & utensil/napkin wrap!

DELI BOARD SANDWICHES - \$8/person

Assorted fresh & healthy sandwiches made with fresh baked breads, totally scrumptious real-meat deli meats, egg salad...cuddled up with tasty cheeses, house-made sprouts & fresh garden alternatives. We knock it out of the park with our vegetarian options...ask & you shall receive! GLUTEN FREE lettuce wraps available...just ask us!

LUNCH CHARCUTERIE BOX - \$18/PERSON

Charcuterie boards are absolutely gorgeous & delicious! Smoked/cured Italian style meats ~ local & imported cheese variety ~ Olives & pickled things ~ house made mustard & relish ~ house baked breads ~ grapes ~ dried fruit/nuts ~ & much more!! It's gorgeous!

WARM SANDWICHES - \$10/PERSON

- ✓ Root Beer Pulled Pork with onions on a house-made herb bun *DF
- ✓ Portabella mushroom burger with balsamic vinegar & fresh grated parmesan cheese & fresh garden greens *GF
- ✓ West-coast grilled veggie sandwich with house-made pesto *VEG *GF
- ✓ Pulled teriyaki chicken with Asian veggies *DF
- ✓ Smoked salmon rice paper rolls with fresh cilantro, rice noodles, sesame cabbage & spicy chili sauce *GF *DF

- ✓ Chicken, gorgonzola, bacon & pear with Prairie Cherry relish
- ✓ House smoked pastrami, pickled onions, house made dijon

Add a side-salad for an additional \$6/person

Make it a meal by adding chicken, salmon or falafels - \$12/person

- Greek pasta salad with tri-colored rotini noodles & loads of veggies *VEG.
- Tail-gate Coleslaw with apples, grapes & toasted sesame seeds *GF *VEG.
- Southwest bean salad with corn, avocado, peppers, onions, jalapeño & fresh herbs & garlic *GF *VEG *DF
- Classic Caesar with house-made croutons & our own kiss-me-garlic dressing
- Quinoa & Kale with seasonal beautiful things ~ lemon dressing (Super healthy!) *GF *VEG *DF
- Asian Red cabbage salad - cilantro, ginger, garlic & honey give this a bang!
- Dill cucumber salad *GF *VEG.
- Really fresh crisp greens with veggies & basil infused vinaigrette on the side

SOUPER-DOUPER SOUP 5\$

- ✓ Italian Hamburger *DF
- ✓ Butternut squash with garlic & ginger *GF *VEG *DF
- ✓ BYE-BYE BOOTIE - The most nutritious & delicious soup to help you say "see-ya" to your chubs & "helloooo there" to healthy living!
- ✓ Hearty beef barley
- ✓ Turkey vegetable
- ✓ Exotic mushroom
- ✓ Seasonal varieties.... ask us what's in the pot!

HEALTH BOWL \$12 - ADD PROTEIN (CHICKEN/SALMON/SHRIMP) \$18

All the tasty health bowls are super delicious & nutritious.... totally Gluten free & guaranteed to put a skip in your step! Fuel up on these tasty bowls!

- Groovy Girl Bowl - Kale, spinach, chickpeas, dried cranberries, almonds, feta cheese, roasted beets or squash, hemp seeds, with lemony tahini dressing. Make
- Rainbow Power Bowl - Red cabbage, broccoli, peppers, carrots, kale, green onions, sprouts, cilantro, peanuts with honey-sesame dressing.

- Walking on Sunshine bowl - Hard boiled eggs, avocado, spinach, pickled beets & onions, cucumber, goat cheese, hemp seeds & basil infused vinaigrette dressing
- Is it Fate or is it Destiny - A special bowl of fun ...healthy & delicious surprise every time!!

THINGS THAT ROUND OUT YOUR LUNCH!

- ✓ Crisp veggies with honey-sesame dip - \$5/person
- ✓ Fresh seasonal fruit - \$5/person
- ✓ Fresh fruit skewers - \$5/skewer
- ✓ Totally Baked Hemp Protein Granola Bars - \$5 each
- ✓ Hand-made chocolates + fruit display - \$8/person *a masterpiece of gorgeous

KEEPING YOU SWEET!

\$3/PIECE

- ✓ Wallnuts signature chocolate chunk pecan almond coconut cookies
- ✓ brownies (regular cake & gluten free)
- ✓ Peanut butter chocolate chip cookies (gluten free!)
- ✓ Spice cake with cream cheese icing
- ✓ Gluten free oatmeal chocolate chip cookies with banana & apples

WE BAKE LIKE CRAZY! ASK ABOUT SOME OTHER FREAKY CREATIONS!

GET DRANK!

\$3 each

- ✓ We only serve drinks we love to drink... sparkling fruit juices, iced tea & other neat flavored drinks with an emphasis on tasty & healthy!
- ✓ Really great Coffee/interesting tea service with appropriate condiments - \$3/person
- ✓ House made Energy punch (purified water, citrus, berries, cucumber, mint, ginger) - \$3/person.

Prices subject to change

Prices subject to a 50% surcharge if ordered on a Sunday or holiday day.

Prices are plus taxes (11%)

Delivery fee applicable if relevant