

LUNCH AT SUNWAPTA'S LODGEPOLE DELI

ENJOY FANTASTIC SNACKS, FRESH BAKED GOODS, FRESH MADE SANDWICHES, CLASSIC SHORT-ORDER, LUNCHES TO GO, LUNCHES TO STAY AND MORE! ALL OF OUR SOUPS, STEW AND CHILI ARE HOUSEMAID AND GLUTEN FREE. WE HAVE PLENTY OF OPTIONS FOR ANY DIETARY PREFERENCES AND RESTRICTIONS. WE ARE LICENSED.

DELI SELF-SERVE TO STAY OR GO!

BAKED GOODS, GRAB & GO SNACKS, & SWEET THINGS FROM 7AM!

CRUMBLE	5.95	SINGLE COOKIE	3.25
NANAIMO BAR	4.65	SCONE	2.50
CARROT CAKE	4.65	RICE KRISPY SQUARE	4.25
CHOC MAPLE CAKE	4.65	BROWNIE	4.65
MUFFINS FRESH BAKED	4.25	POTATO CHIPS	2.95
GREEK YOGURT	2.99	FRESH FRUIT	2.00
DELI PARFAIT	9.95		

FRESH MADE SANDWICHES AND SALADS FROM 7AM TILL GONE

VEGGIE	11.95	CHICKEN SALAD	12.95
EGG SALAD	11.95	TURKEY	13.95
HAM & CHEESE	12.95	TURKEY BACON WRAP	13.95
TUNA	12.95		

SALADS

GREEK SALAD	6.95	FRUIT SALAD	6.95
GARDEN SALAD	12.95	CAESAR SALAD	11.95
CHOPPED SALAD	12.95	CHEF SALAD	14.95

SIDES AND ADDS

ADD CHICKEN	5.00	PLATE OF FRIES:	5.25
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HOT & FROM THE KITCHEN

SOUP, STEW AND CHILI (COMES WITH FRESH BAKED SCONE)

YAM VEGAN SOUP	10.95	CHICKEN VEG SOUP	10.95
CHILI (NOT TOO SPICY)	12.95	STEW (MADE W AAA STEAK!)	12.95

BURGERS & WRAPS (COME WITH FRIES, WITHOUT OR SUBSTITUTE SALAD OR SOUP)

ADD CHEESE, BACON	2.00	ADD BACON JAM	3.00	VEGNO FRIES	-2.00
BURGER	18.95	TRIPLE GRILLED CHEESE	14.95		
CHICKEN WRAP	16.95	FALAFEL WRAP	16.95		

DRINKS & FROZEN TREATS

COLD DRINKS

SAN PEL CAN	5.00	BADOIT/SAN PEL BOTTLE	6.50
POP CAN	3.49	500ML POP	4.29
ENERGY DRINKS	5.89	GATORADE	5.29
500ML NESTEA	4.29	500ML JUICE	4.95
VITAMIN WATER	3.95	BOTTLE WATER	3.95
MILK 250ML	1.87	SOY MILK 250	4.89

COFFEE, TEA & ESPRESSO

COFFEE/TEA REG	3.99	COFFEE/TEA LG	4.29
HOT CHOCOLATE REG	4.69	HOT CHOCOLATE LG	4.95
ESPRESSO	4.50	AMERICANO	4.50
CAPPUCCINO	5.50	LATTE	5.50
FLAT WHITE	5.50	MACCHIATO	5.00
EXTRA SHOT	1.00	FLAVOR SHOT	1.00

FROZEN TREATS

POPSICLE	2.80	SUPER FUDGE BAR	3.75
DRUUMSTICK	4.95	ICE CREAM SANDWICH	4.29
OREO ICECREAM BAR	4.95	HAGEN DAZ BARS	6.50