

Soups

All of our soups are scratch made in house. Some of our recipes are many years old and have been passed down through generations. Others are continuously being created and developed from surrounding inspirations blending unique flavors together.

Classics - Hearty Beef Barley

- Creamy tomato macaroni
- Chunky vegetable
- Wholesome minestrone
- Traditional pea soup

More creative- Lentil & swiss chard

- Sweet potato & gingered carrot
- Southwestern Lime chicken & Vegetable
- Cream of Potato & bacon
- Roasted butternut squash

In the colder weather we serve up some fantastic chili (scratch made ofcourse) in the fall and winter seasons.

Our creativity is always flowing. You never know what we'll be serving on any given day.

- Feel free to inquire about which soups have been prepared gluten free or vegetarian
- Soup is also available in take home containers in two size formats. Single serving and family size (great for work or school lunches)

Salads

We always choose the freshest and highest quality vegetables for our salads. We start bright and early in our kitchen every morning making our salads for you to enjoy that day!

Some of the salads are staples that we just can't do without and others... Well let's just say we like to shake it up a bit.

Some of our classics...

- Traditional greek
- Mediterranean chick pea
- Cumin infused lentil
- Red beets & onions
- Creamy broccoli
- Classic potato
- Heart of Palm
- Artichoke hearts
- Sesame Thai asian noodle
- Mixed bean
- Cranberry orange minted couscous
- Chopped garden vegetable
- vegetable rice pilaf
- Sundried tomato pasta
- creamy pasta
- Fresh fruit salad

Want to add some protein? Add grilled chicken breast to any salad plate and make it a more balanced meal.

Once again, we like to be creative so you never know what you'll see in our showcase

Sandwiches

We have quite the selection of sandwiches for you choose from. Build your own by choosing the fillings and bread type. The selection includes deli meats, egg and tuna salads and many different chicken options. If you follow a vegetarian diet then we certainly have that available for you as well.

We source out the freshest chicken, marinate it and cook it as often as we need to in order to keep your sandwiches full and tasty. When building your sandwich you have the choice of fresh baked paninis, tortilla wraps, gluten free sandwich bread and even bagels. Tell us what you'd like, we'll build it and then press it on our grill for that explosion of flavor.

Sandwich options

- House cooked chicken – Sweet & spicy Thai, Honey garlic, Honey Mustard, Cajun, chipotle, teriyaki and homemade garlic spread
- House made tuna and egg salads,
- Deli meats – Roast beef , Oven roasted turkey (GF) , Black forest ham & swiss cheese
- Montreal style smoked meat on rye
- Bacon lettuce & tomato (a favorite for sure)
- Strawberry and cream cheese panini (a classic CLC sandwich)
- Vegetarian – Fresh vegetables with feta cheese and Tzatziki
- In-house roasted garden vegetables and swiss cheese
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Fresh locally baked paninis- plain, Multigrain, sesame, poppy, sun dried tomato and pesto

Tortilla wraps – plain, whole wheat, sun dried tomato and spinach & pesto

Fresh & locally baked bagels – Plain, sesame, poppy, everything, pumpernickel and whole wheat