



February 2019 MENU

BREAKFAST (5 - 11 AM)

Muffin choose from: Banana Oatmeal or Pumpkin Maple	\$2
Breakfast Sandwich back bacon, egg, and cheddar on a toasted english muffin	\$4
Breakfast Bar oatmeal, almonds, and honey blended in a nutritious, filling bar	\$4
Coffee & Tea – 20 oz cup	\$2.25
Hot Chocolate, Chocolate Milk, Hot Apple Cider	\$2.50

\$7 each

LUNCH MAINS

Montreal Smoked Meat seasoned beef, lettuce, caramelized onions, and mustard on rye bread
Ham and Swiss on a Pretzel Bun ham, Swiss cheese, tomato, lettuce and Dijon mustard sauce
7-Layer Dip Burrito seasoned beef, rice, beans, peppers, salsa, guacamole, sour cream, and cheese
Hummus Wrap home-made kale & SunChoke hummus with roasted peppers, cauliflower, and squash
Mediterranean Beef Bowl tender seasoned beef served with a couscous salad and hummus
👉 Orange Chicken Noodle Bowl fried chicken and vegetables with noodles and orange sesame sauce
👉 Chicken Fajita Bowl spiced chicken, mixed vegetables, black beans, and rice with salsa on the side
👉 Coconut Curry Bowl mixed vegetables and chickpeas in a mildly spicy red curry with coconut rice

All items are served cold unless otherwise requested

\$4 each

SIDES/SALADS

Garden Salad mixed greens, cucumber, tomato, carrot, and feta with a balsamic vinaigrette
Greek Pasta Salad pasta, cucumber, tomato, black olives, feta cheese and a red wine & oregano dressing
👉 Pizza Pockets pepperoni, mozzarella, and tomato sauce baked into a convenient pocket
👉 Cauliflower & Beef Soup cauliflower and cheddar soup with a hearty helping of beef
👉 Sweet Potato Curry Soup naturally sweet and velvety smooth, spiced with ginger and coconut

\$2 each

SNACKS

Cookies choose from chocolate chip, peanut butter, or ginger molasses
CLIF Protein Bar variety of flavours available

👉 Microwave friendly

MAKE IT A COMBO:

BREAKFAST \$8

Select One Muffin/Cookie,
One Breakfast Sandwich,
and One Coffee/Tea

5 for 5

Order any 5 items and
receive 5% off your
order total

Soup, Salad, Sandwich

Select One Main and Two
Side/Salad Items for \$15

NOW OPEN UNTIL 2:30 PM

ORDER FORM

The 86 releases a new menu each month.
Be sure to refer to the current menu when
completing your order form.

Hours of Operation: Monday - Friday 5am - 2:30pm

DATE: _____ TIME OF PICKUP: _____

ORDER: _____

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ORDER: _____

DATE: _____ TIME OF PICKUP: _____

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ORDER: _____

CONTACT

NAME: _____

PHONE: _____

SPECIAL REQUESTS:

PREORDER

Submit your order at
least 24 hrs in advance
by phone or text to
519.901.2105 or by email
to order@the86.ca

PAYMENT

- existing account
- pay at pickup
- email invoice to:

PICK-UP

Between 5am - 2:30pm
daily at 7215 Line 86,
Wallenstein, Ontario.