



# Charmin's Wholesome Foods Catering and The Club House Restaurant

## Regular Menu 705 464 2287

All supplies bought locally, many grown locally also

Many items ready to "Grab and Go"

**Beverages:** Tea (silk Bags, organic, large variety) \$1.25

Reunion Island Tropical Alliance Organic (Lg.) Coffee \$1.75

Water, Vitamin water \$1.00 up Pop Variety \$1.25

Juice \$1.50 Smoothies \$3.25

Plus many other specials on a daily basis!

**Sandwiches:** Egg Salad, Ham Salad \$3.75

Salmon, Ham & Cheese, Tuna Cheddar, Seasoned Chicken or Beef, Mixed  
Sandwich Plates \$4.75 (lettuce/tomato/mustard/mayo)

**Salads:** Coleslaw \$1.75 Garden / Caesar \$4.75, Orange Almond, Greek or  
Specialty Salad of the Day \$5.50

**Soup of the Day** made from wholesome, healthy ingredients, crackers, veg garnish \$3.75

**Beef Chili** (mild, lots of beef, beans and slightly sweet) \$5.50

**Quiche of the Day** (different all the time) \$4.50

**Pie:** \$3.25, Add Ice Cream \$4.75 Muffins: \$1.75 Cookies \$1.75 Squares \$1.75

**Ice Cream Sundaes** \$4.75 **Smoothies** \$3.25

**Check out our (Almost) Spring Specials!**

Ask about our creative catering!