

SAMPLE LUNCH MENU

Lunch Menus change daily



FIRST COURSE

Starters

BEEF AND BARLEY SOUP

Slow-roasted beef simmered with pearl barley and vegetables in a rich beef broth.

FERN'S TRADITIONAL VEGETABLE SOUP **VE GF H**

Vegetables in a robust and flavoursome tomato, herb and garlic broth.

SECOND COURSE

Entrées

ASIAN CRUNCH POWER BOWL **VE H**

A blend of shredded kale, cabbage, broccoli, and radicchio topped with edamame, shredded carrot, green onions, crispy chow mein noodles, and sesame seeds, finished with a sesame-hoisin vinaigrette.

MAC AND CHEESE **V H**

Sharp cheddar and Parmesan cheese combined in a rich house-made sauce with tender pasta, finished with golden breadcrumbs. Served with a garden salad.

PULLED PORK SANDWICH

Slow-roasted chipotle pulled pork on a bakery-fresh bun, topped with creamy coleslaw. Served with French fries.

FALAFEL WRAP **V H**

Crispy chickpea fritters rolled in a toasted tortilla with shredded lettuce and diced tomatoes, served with your choice of tzatziki sauce or roasted red pepper hummus. Served with a garden salad.

EGG SALAD SANDWICH **V H GFO**

Chopped egg salad with scallions and diced celery on a buttery croissant. Served with coleslaw.

CLASSIC FISH AND CHIPS **H**

Crispy battered haddock served with house-made remoulade sauce and French fries.

ENTRÉE CAESAR SALAD **GFO** OR AS A WRAP

Prepared in the classic style. Add chickpeas or grilled chicken breast for extra protein. Served with crudités.

HAMBURGER **GFO**

An all-beef patty served on a locally baked fresh Kaiser bun with lettuce, tomato, and onion. Served with French fries and your choice of ketchup, mustard, mayonnaise, and relish. Customize it with cheese and bacon.

THIRD COURSE

Beverages

JUICE

Orange Juice
Apple Juice
Cranberry Juice
Grapefruit Juice
Lemonade

COFFEE & TEA

Regular and Decaf
Herbal & Black Teas
\$4.00 - Espresso,
Latte, Cappuccino

MILK

2% Milk
Chocolate Milk

POP

Iced Tea
Pepsi
Diet Pepsi
7UP
Ginger Ale
Dr. Pepper

CLASSIC HOT DOG

Fire-grilled hot dog on a locally baked fresh bun. Served with French fries and your choice of ketchup, mustard, mayonnaise, and relish. Customize it with cheese and bacon.

VEGGIE BURGER **VE GFO H**

A black bean and brown rice patty served on a locally baked Kaiser bun with fresh lettuce, tomato, and onion. Served with French fries and your choice of ketchup, mustard, and relish.

Desserts

BLUEBERRY BREAD PUDDING

Warm traditional bread pudding baked using Fern rolls, with vanilla custard, brown sugar, cinnamon, and blueberries. Topped with a house-made decadent caramel sauce.

FERN'S CLASSIC BUTTER TARTS **V H**

A local favourite since 1895, the secret recipe for our raisin butter tarts was developed by Jim Pettapiece, a Master Baker, before he established Fern Resort.

FRUIT AND CHEESE BOARD **V H GFO**

A classic assortment of crackers, creamy cheeses and seasonal fruits.

ICE CREAM

Your choice of vanilla or chocolate ice cream, also nut-free vanilla ice cream.

OLD FASHIONED ICE CREAM SUNDAE

Vanilla or chocolate ice cream, with rich whipped cream and a cherry on top. Choose from chocolate, caramel or strawberry sauce.

* Nut-free vanilla available. Ask your server.

GLUTEN-FREE DESSERTS

Ask your server for a list of today's choices.

JELLO AND COOKIES

Daily flavour of jello served with freshly-baked chocolate chip cookies.

JUMBO FREEZIES

All your favourite flavours: white, red, purple, orange and pink.

- V** Vegetarian
- VE** Vegan
- VEO** Vegan Options
- S** Spicy
- GF** Gluten-Free
- GFO** Gluten-Free Options
- N** Contains Nuts/Peanuts
- H** Halal