

AquaTerra Café

Hot Items

Black Bean & Corn Vegetarian Chili \$4.25
Simmered slowly to perfection. Served with our homemade cornbread muffin.

AquaTerra Vegetarian Burger \$5.25
Served on a foccaccia Kaiser, with a touch of hummous.

Grilled Cajun Chicken Breast on a Bun \$5.50
Seasoned and grilled, then topped with sliced tomatoes, lettuce, and a touch of mayonnaise.

Grilled Wild Salmon Burger \$6.75
Grilled to perfection, and then topped with sliced tomatoes, lettuce and our homemade tartar sauce.

Ultimate Grilled Cheese Sandwich \$5.50
With Black Forest Ham, and grilled tomatoes.

Grilled Cheese \$4.50
With Real Cheddar Cheese

Hummous & Grilled Pita \$5
With Fresh Vegetables

Check out our fantastic weekday lunch specials. Some of the healthy choices you might see include:

- Assorted Tasty Wraps and Quesadillas
- Delicious Homemade Pizza on a Whole Wheat Crust
- Homemade Vegetarian Lasagne
- Quiche / try it with a cup of homemade soup!
- BBQ Lunch special every Friday!

Ask us about catering your next event at Saanich Commonwealth Place. We have a menu to suit your needs.

Prices subject to change

AquaTerra Cafe at Saanich Commonwealth Place

Please Enjoy!



CAFE MENU



PARKS & RECREATION
Saanich Commonwealth Place

4636 Elk Lake Dr.
Victoria, BC
V8Z 5M1
Phone: 250 590-2834

Catering Available!

AquaTerra Café

Homemade Hot Soup

Ask your server about our soup of the day.
Sometimes there are two!

Bowl of soup with crackers	\$3.95
Cup of soup with crackers	\$2.95

Sandwiches

We make an assortment of sandwiches just the way you like them!

Available on whole wheat, multi-grain or sourdough bread.

Choose from assorted toppings such as sliced tomatoes, cucumber, sprouts, and lettuce.

We can toast it if you like!

BLT \$5.50
Served with a touch of mayonnaise.

Egg Salad \$5.25
A nice light choice.

Tuna Salad \$5.25
Try it with a bowl of soup.

Veggies & Cheese \$5.25
An assortment of vegetables and hummous with a slice of Swiss cheese

Cream Cheese and Cucumber \$5.25
Prepared with light cream cheese.

Roast Turkey \$6.00
Simply Delicious! With Cranberry Relish.

Seasoned Roast Beef \$5.25
Oven roasted in the AquaTerra Cafe kitchen!

Clubhouse \$6.50
With crisp bacon, tomato, sliced Turkey and a slice of Swiss cheese.

Bagels - Sesame, Multigrain, Cinnamon Raisin, and Plain

Toasted / with margarine	\$1.75
Toasted / with light cream cheese	\$2.50

Freshly Prepared Salads

Some of our tantalizing selections may include: \$3.50 - \$4.25

- Chick Pea & Tomato with Citrus Vinaigrette
- Broccoli & Feta Cheese with a Creamy Dressing
- Marinated Cous Cous with a Citrus Vinaigrette
- Fresh Vegetables & Hummous or low-fat Ranch Dressing
- Mediterranean Salad / Bell Peppers, Bermuda Onion, Tomatoes, and Cucumber with a touch of Feta Cheese
- Fresh Fruit

Combination Deals

- **Add a cup of soup:** \$1.50
Available when you order a delicious salad or a full sandwich.
- **Add a salad:** \$2.00
Available when you order a delicious full sandwich.

Beverages

Proudly serving Seattle's Best Coffee & Tazo Teas.

Small \$1.75 Large \$2.25 Refill .75

Tea	\$1.50
Specialty Tea	\$2.00
Hot Chocolate	\$1.75
Assorted cold drinks	ask your server

Coffee Card - Purchase our ten cup small coffee card for \$14.00. A savings of \$3.50

We hope you enjoy your visit to AquaTerra Café at Saanich Commonwealth Place. If there is something we can do better, please tell us. If we exceed your expectations, please tell a friend!