



Sylvester's Cafe

L U N C H M E N U



- Soup du Jour \$3.75
- Fresh Salads
- ♣ Mixed greens \$4.25
 - ♣ Romaine Caesar \$4.25
 - ♣ w Roasted Chicken or Tuna \$4.95
 - ♣ Couscous Salad \$4.25
 - ♣ 3 Kinds Bean Salad \$4.25

- Nutritious dishes
- ♣ Falafel Plate \$4.95
 - Served w Hummus, Greens & Pita
 - ♣ Mezza 1 \$5.95
 - Egg Plant, Falafel, Hummus, Greens & Pita
 - ♣ Mezza 2 \$5.95
 - Vine Leaves, Yogurt Sauce, Roasted Egg Plant, Greens, Pita

- House Specialties
- ♣ Chicken & Potato Sautee \$5.95
 - Tossed w Red Onions, Spinach over Mixed Greens, w Sundried Tomato & Curried Sauce
 - ♣ Sylvester's House Club \$5.95
 - Roasted Chicken Breast, Bacon, Tomatoes, Greens, Mayo, Dijon Mustard, Served w Roasted Potatoes

- Fresh Sandwiches
- ♣ Tuna & Basil \$4.25
 - ♣ Black Forest Ham \$4.25
 - ♣ Swiss Cheese \$4.25
 - ♣ Chopped Eggs & Olives \$4.25
 - ♣ On Whole Wheat, Pita, or Tortilla With Soup or Salad \$4.95

- ♣ Vegetable Pancakes \$4.95
- Served with Mixed Greens
- ♣ Le Petit Liban Dips \$4.95
- Hummus, Babaganouj, Yogurt Sauce & Pita Bread
- Why not Quiche \$4.95
- Fresh Mushrooms, Red Onions, Swiss Cheese Served w Mixed Greens

- Tortilla Wraps
- ♣ Roasted Chicken \$4.95
 - w Spinach, Red Onions & Potatoes
 - ♣ Thai Vegetables \$4.25
 - Nappa Cabbage, Carrots, Celery & Onions in Peanut Sauce
 - ♣ Roasted Egg Plant & Hummus \$4.25
 - Served w Mixed Greens

- Sylvester's Combos
- ♣ COMBO1 \$5.95
 - Sandwich, Soup, Salad
 - ♣ COMBO2 \$5.25
 - ½ Sandwich, Soup, Salad
 - ♣ COMBO3 \$4.95
 - Large Soup, Large Salad
 - ♣ COMBO4 \$4.95
 - ½ Sandwich, Large Soup or Salad
 - Choice of Tuna or Ham

- How about Sheppard's Pie \$4.95
- Served w Mixed Greens
- Pasta !!! \$4.95 ea.
- ♣ Linguim, Penne
- ♣ Choice of Spicy Tomato Sauce or White Wine Cream Sauce, Served w Garlic Bread

- Beverages
- ♣ Gourmet Coffee or Tea Sm Large \$1.00 \$1.30
 - ♣ Hot Chocolate \$1.30
 - ♣ Iced Tea \$2.30
 - ♣ POP, Juice, Water \$1.20
 - ♣ 2% Milk

- Desserts
- ♣ Carrot Cake \$2.50
 - ♣ Almond Strudle \$2.50
 - ♣ Brownies \$2.50
 - ♣ Banana Slice \$1.20
 - ♣ Carrot Slice \$1.20
 - ♣ Cookies \$1.20
 - ♣ Bagel, Jam, Butter \$1.35
 - ♣ Bagel, Cream Cheese \$2.40

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Thank You!

And Enjoy Your Lunch!

10% Discount for U of T Students
We also provide catering