

# QUADRA ROOTS KITCHEN

## STUDIO TOUR LUNCH MENU

### BROWN RICE BOWLS 3 WAYS:

Mexican - Black beans, veggies, guacamole & salsa

Bangkok - Thai peanut sauce, tofu & veggies

Buddha - Chickpeas, veggies, dressing, pumpkin seeds

### CRUSTLESS QUICHE, 2 FLAVOURS

Sundried tomato, spinach & pesto

or Salmon, asparagus & fresh dill

Served with or without green salad

### SWEETS

Cinnamon buns

Fruit crumble bars

Chocolate chip cookies

Muffins

Chocolate cake



### BEVERAGES

Hibiscus iced tea

Lemonade

Coffee

Black tea

San pellegrino

## QUADRA COMMUNITY CENTRE

10-5 JUNE 1; 10-4 JUNE 2, 2024

Eat in or take out  
small fee for disposable ware  
or BYO