



Tel: (613) 549-3919

Take-out Menu

Hot Sandwiches

On Fresh Homemade
Bread with Chips
& a Pickle

Reuben

Smoked Meat,
Sauerkraut,
& Swiss Cheese
on Light Rye

9.75

Deli Lamb

Roasted Lamb,
Lettuce, Red Onions,
Cucumber, our own
Lamb Sauce on a
Sesame Honey Roll.

9.75

Yellow Submarine

Spread of the Week,
Sprouts, Lettuce, Onions, Olives
Tomatoes, Peppers
on our Sub Roll

9.75

Kingston 'Yoga'

Burger

Our Veggie Burger,
Sprouts, Avocado
Lettuce, Tomato
Red Onion, on
Canadian Spelt

9.75

Deli Rose

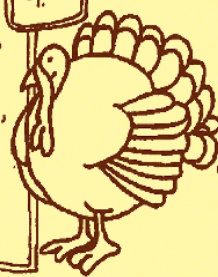
Roast beef &
corned beef with
hot pepper cheese,
provolone,
onions & tomato,
our own special sauce
on an onion roll.

9.75

Turkey Gobbler

Turkey,
hot pepper cheese,
lettuce, onion,
tomato &
chipotle mayo
on rye

9.75



Salads

Served with Bread

Garden Salad

Romaine, Mixed Greens
Tomatoes, Cucumbers
Carrots, Radishes
Peppers, Croutons
with Herb Dressing

Half..... 5.75

8.25

Cheesy Seed & Nut

Mixed Greens,
Carrots, Radishes,
Cucumbers,
Shredded Cheese,
Seeds & Nuts

Half..... 6.75

9.75

Chef Salad

Finished with Turkey,
Cucumbers, Cheese,
Olives, Bell Peppers
& Croutons.

Half..... 6.75

9.75

Gluten-free ... 1.00

Cranberry Cashew

Topped with Dried
Cranberries, Honey
Roasted Cashews,
Cheddar Cheese with
Herb Dressing

Half..... 6.75

9.75



Soup

of the day

Bowl 6.25

Cup 4.00



Chili

Hearty Beef ~ Kettle Cooked

Bowl 7.00

Cup 4.75

At The Common Sense Market on Victoria Street



Tel: (613) 549-3919

Take-out Menu

Breakfast

Breakfast Sandwich

Your choice of turkey or roast beef on eggs, with white cheddar & hot pepper cheese, onions, peppers & special sauce on a honey sesame roll.

9.50

Homemade Granola... 6.00

Served with Fruit and Milk

Almond Milk75

FRESH from the OVEN

Muffin of the Day

(Steamed with Butter) 3.00

Deli Waffle

add Fresh Fruit... 1.00

8.00

Just Desserts

Carrot Cake 4.50
with cream cheese frosting

Spelt Date Square 3.50

Banana Bread 2.75

Cookie 2.00

For the Little One...

All Beef Hot Dog

Mayo & Mustard, with a Pickle
& Ketchup on the side

5.75

PBBH

Peanut butter,
banana & honey
on a bun

5.00

Deli Cheese Melt

Served with ketchup
& a pickle

5.00

add turkey
or roast beef 2.00



Cold Drinks

Iced Yerba Maté of the Day 2.75

Iced Chai Maté 3.25

Natural Sodas ~ 2.75

Root Beer, Cola,
Ginger Ale



Hot Drinks

Juices

Apple Cider 3.00

Orange 3.00

Papaya 3.50

Brazilian Green Yerba Maté 2.75

Hot Chai Yerba Maté 3.25

Organic Coffee 2.75

Yellow Deli Teas 2.75

At The Common Sense Market on Victoria Street