



Café Flora
Cuisine conviviale contemporaine
Contemporary comfort food



LUNCH

Monday to Friday from 11 am till 2 pm

Garden Salad

Mixed greens and sprouts, feta cheese, strawberries, Granny Smith apples, onions, chai seeds and choice of vinaigrette: (Honey mustard, Balsamic vinaigrette, Ranch, Italian or poppy seed dressing)

Sides for salad:

Fish •5• / Chicken breast •5• / Shrimps •5•
•12•

Watermelon Salad

Mixed greens and sprouts, watermelon, feta cheese, mint, basil, toasted maple walnuts and balsamic reduction

•12•

Spinach Salad

Baby spinaches, oranges, cucumber, apples, goat cheese, red onion, toasted maple pecans, cranberries, apple cider vinaigrette and balsamic reduction

Sides for salad:

Fish •5• / Chicken breast •5• / Shrimps •5•
•12•

Quinoa Salad

Quinoa, chickpeas, feta cheese, red onions, tomatoes, bell peppers, apples, toasted maple pecans, sprouts and citrus vinaigrette

Sides for salad:

Fish •5• / Chicken breast •5• / Shrimps •5•
•12•

Panini

Bacon, mozzarella cheese, roasted bell pepper, mixed greens and sprouts, onions, Granny Smith apple, pesto sauce, served with choice of garden salad or potato chips

•14• (Add chicken •3•)

Soup of the day

Served with toasts

•7•

This week's inspiration

•17•

Southern Duo

Pico de Gallo, guacamole with organic corn chips

•12•

Bruschetta

Toasted bread, mixed tomatoes confit, basil, garlic, citrus, bocconcini and marinated olives

•12•

Beer Buddy

Cured sausage, bocconcini cheese, marinated olives and potato chips

•12•

Shrimp Roll

Shrimps, toasted bun, aioli, celeries, green onions, sprouts, served with choice of garden salad or potato chips

•15•

The Burger

Beef, burger bun, bacon, cheddar cheese, mixed greens and sprouts, tomatoes, red onions, pickle, burger sauce, served with choice of garden salad or potato chips

•17•

The Tacos

Shrimps or fish (cod or haddock filet), tortillas, cabbages, avocado, onions, cilantro, taco sauce served with mango salsa and potato chips

•16•

Salmon Wellington

Baked salmon, spinach, cheese, nuts in puff pastry, served with garden salad

•17•

Veggie Pâté Sandwich

Veggie pâté, cheddar cheese, mixed green and sprouts, tomatoes, mayonnaise, served with choice of garden salad or potato chips

•14•

Madawaska Sandwich

Pulled pork, ciabatta bread, cheddar cheese, mixed green and sprouts, cucumber, Granny Smith apple, honey mustard sauce, served with choice of garden salad or potato chips

•15•

Kid's Menu

(10 and under)

- Grilled cheese •9•
- Ham and cheese sandwich
- Cheese burger

Served with potato chips, watermelon, cucumber, apple, choice of a glass of milk, lemonade or juice (apple or orange)

Beverages

Lemonade, iced tea, iced coffee.....	S 3.....	L 4.50
Milk, juice (orange or apple).....	S 3.....	L 4.50
Tea bag (herbal, black or green).....		2.25
French Press coffee.....		2.75
Perrier sparkling water.....		3.25
Soft drink.....		2.50
Red wine or white wine.....	6oz 7.....	8oz 9
Mimosa.....	8	Cocktail.....8
Beer.....	6	Craft beer.....8



Online take-out ordering
www.cafeflora.mobi-order.com

New Brunswick Botanical Garden

