

**A menu filled
with local products
you'll love**



Niagara Falls Menu

Economy class

Light meals

\$3.50

Ⓟ Ⓚ Quaker maple and brown sugar instant oatmeal
Campbell's chicken noodle soup

Ⓟ Ⓚ Summer Fresh hummus and crackers

\$4

Ⓟ Bagel with cream cheese
Hot dog

\$4.50

Hot breakfast sandwich – Egg, bacon and cheese on
an English muffin

\$6

Cheeseburger (in high season only)

\$7

Pizza (cheese or pepperoni) (in high season only)

\$8

New Ham Croissant – Ham and Swiss cheese with
grainy mustard and fig spread on croissant

New Turkey Sandwich – Shaved turkey with sundried
tomato pesto and provolone cheese on multigrain
bread

Ⓥ **Falafel wrap** – Whole wheat wrap with falafels, fresh veggies and tzatziki

Chicken wrap – Chicken salad with apples, cranberries and Swiss cheese on lavash bread

\$9.50

Ⓥ Ⓞ **Assorted Vegetable Plate** – Carrots, snap peas, tomatoes and peppers with vegetable dip, hummus, guacamole, gluten-free crackers and Made Good granola bar

\$11

Ⓥ **New Assorted Cheese Plate** – Selection of Canadian cheeses: Honey goat, OKA wedge, brie, yellow cheddar and aged cheddar with apple slices, almonds, dried cranberries and chocolate square

Snacks

\$2.50

Chocolate bar

Twizzlers Nibs

Chips

Yogurt with granola

\$3

Ⓚ Two-Bite brownies

Ⓚ Delicouki oatmeal and Laura Secord chocolate chips cookies

Banana bread

\$3.50

- Ⓚ Fourmi Bionique Foodie Mix (roasted almonds, dried fruits and dark chocolate)

Roasted salted almonds

Salted cashews

Beverages

\$2

Spring water

Spicy Clamato

\$2.25

Milk or chocolate milk

\$2.50

Hot chocolate

Coffee, decaffeinated coffee, Sloane tea or herbal tea

Soft drink

\$3

San Pellegrino sparkling fruit beverage

Simply Orange or Simply Apple juice

Simply Lemonade

V8 vegetable juice

Montellier sparkling water



Save 50¢ on your coffee when you present a reusable cup.

Alcoholic beverages

\$7.50

Domestic beers, 355 ml

\$9

Premium Canadian VQA red or white wine, 200 ml

Classic cocktail (mix included), rum, gin, vodka, scotch, Irish cream, rye, 50 ml

\$9.50

Heineken, 500 ml, and craft beers, 473 ml

Other

\$6

Headphones

- Ⓚ Kosher
- Ⓥ Vegetarian
- 🌱 Vegan
- Ⓜ Gluten-free

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We cannot guarantee that any of the items sold on board do not contain or have not come into contact with peanuts, nuts, or other allergens.

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