

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



Montréal–Halifax Menu

Economy class

Light meals

\$3.50

- Ⓥ Ⓚ Quaker maple and brown sugar instant oatmeal
- Cold cereal
- 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

\$7

Pizza

\$8

Hot breakfast meal – Omelet, sausages and potatoes

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

🌱🚫 **Hot Veggie Sandwich** – Vegan (dairy-free), gluten-free, kosher, halal, and produced in a nut-free facility

\$9.50

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

Hot meals – Cheese canelloni, beef teriyaki or chicken penne

\$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

Pringles chips, Lay's potato chips or Doritos chips

Yogurt with granola

\$3

- Ⓚ Two-Bite brownies
- Ⓚ Delicouki oatmeal and Laura Secord chocolate chips cookies
- Banana bread

\$3.50

- Ⓚ Fourmi Bionique gourmet mix (roasted almonds, dried fruits and dark chocolate)
- Roasted salted almonds or salted cashews

Beverages

\$2

Spring water

\$2.25

Milk or chocolate milk

\$2.50

Hot chocolate

Coffee, decaffeinated coffee,

Sloane tea or herbal tea

Soft drink

\$3

Montellier sparkling water

San Pellegrino sparkling fruit beverage

Simply Orange or Simply Apple juice

Simply Lemonade

V8 vegetable juice



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

Alexander Keith's India Pale Ale and craft beers (ask
your attendant for the selection), 473 ml

Other

\$6

Headphones

Ⓚ Kosher

Ⓥ Vegetarian

🌱 Vegan

Ⓞ Gluten-free

All sales taxes are included. VIA Rail accepts most major credit cards and VIA Rail gift cards (**cash no longer accepted on this route**). Consumption of personal alcoholic beverages on these premises is prohibited by law. Only one alcoholic beverage per person per service. Some menu items may contain nuts or traces of peanuts.

WE RECYCLE

Please ask your attendant for the location of the recycling bins.

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