The Terrace Café Weekly Menu
Nov. 7 to 11, 2022

www.sickkids.ca/menu

**Weekly Specials**

*All menu items are subject to change based upon availability.*

The Terrace Café is owned and operated by The Hospital for Sick Children. All proceeds support patient care.

Location: Main Floor, Atrium

**Kids Eat Local!** The Terrace Café at SickKids uses [locally sourced ingredients](#) as much as possible.

### Express Breakfast

Express Breakfast - Monday to Friday, from 7 to 11 a.m. See in-store for hot breakfast items prepared daily.
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<thead>
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<th>Monday</th>
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| **Around The World**  
Weekly cuisine features from around the world | **Mexican Menu: Taco bowls, chicken enchiladas and nachos**  
- Build your own Taco bowl! Served over chopped lettuce:  
  **Your protein (choose 1):** Beef, chicken or baked fish  
  **Your toppings (choose 4):**  
  Brown rice, quinoa, pico de gallo, mixed beans, roasted corn, guacamole, shredded Monterey Jack cheese, sour cream and mango lime salsa  
  - Chicken enchilada served on a bed of shredded lettuce or Mexican rice  
  - Nachos and cheese sauce. Add beef or chicken! |
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| **Chef’s Corner**  
*Home-cooked meals such as salmon, roasted chicken, lasagna and pasta dishes served fresh daily.* | Hot honey chicken (glazed with a honey and hot pepper sauce) served with rice and red cabbage coleslaw  
Penne with chickpeas, spinach and roasted peppers with golden garlic toast or salad  
Baked tilapia served with rice and vegetables or salad | Vietnamese chicken served with rice and cucumber and wasabi salad  
Baked haddock with summer squash served with rice and salad  
Spaghetti | Beef bourguignon served with egg noodles and roasted vegetables  
Baked vegetable pasta casserole with golden garlic toast or salad  
Baked haddock with rice and vegetables or salad | Chicken parmesan on a bun served with coleslaw  
Lasagna served with golden garlic toast or salad  
Baked haddock served with rice and vegetables or coleslaw | Chili & pomegranate-marinated steak (locally sourced from Wellington County) served with freshly herb-roasted Ontario potato wedges and sliced carrots  
Macaroni and cheese | **Fish & chips Fridays**  
Homemade English-style beer-battered fish served with potato wedges and creamy coleslaw |
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<tbody>
<tr>
<td><strong>The Grill</strong></td>
<td><em>Full breakfast bar, grilled paninis, hamburgers, fries, chicken fingers and more.</em></td>
<td>See in-store for daily menu specials.</td>
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<td><strong>Sandwich Stop</strong></td>
<td><em>Fresh made-to-order sandwich selections.</em></td>
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<td>Homemade soup special of the day</td>
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<td>Broccoli, kale and lentil soup</td>
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<td><strong>Salad Bowl</strong></td>
<td>A variety of fresh salads.</td>
<td>• Choose from a wide selection of pre-packaged signature salads. Greek salad, quinoa salad and more (menu changes daily).</td>
<td>• Fuel your day with organic, plant-based bowls! Find organic, high protein, nut-free and vegan salads from Bio Raw</td>
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[Image of Soup Kettle]

[Image of Salad Bowl]
Terrace Café

**Hours**: Monday to Friday – 7 a.m. to 7 p.m.
**Saturday**, Sunday and Holidays – 9 a.m. to 4 p.m.
**Contact**: 416-813-6754
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