


Anna Mae's

VEGETARIAN OPTIONS

Caesar Salad (request no bacon)..... (Bowl) **4.99** (Plate) **9.99**

Tossed Salad (summer) (Bowl) **3.99** (Plate) **8.99**

Made with green leaf lettuce, carrots, peppers, and red cabbage

Homemade Vegan Soup with gluten conscious roll..... **7.49**

Made with tomatoes, onion, carrots, peppers, potatoes, garlic, celery, chickpeas, spinach, cashews and spices.

Homemade Vegan Chili with gluten conscious roll **7.49**

Made with tomatoes, onion, garlic, peppers, celery, beans, and spices.

SANDWICHES

All sandwiches are served with your choice of tossed salad or fries.

♥ Egg Salad

♥ Grilled
Cheese

8⁹⁹

♥ Grilled Cheese

with tomato

10⁴⁹

OMELETTES

Omelettes in this menu are available all day by request. Please specify you are ordering from the Vegetarian Menu as breakfast omelettes are only available until 11am.

Served with Tossed Salad (summer) or Fries

Veggie Omelette mushrooms, onions,
tomatoes, green peppers, cheese (2 eggs) **10.99**

Spinach & Mushroom Omelette
spinach, mushroom, onion, green pepper..... (2 eggs) **10.99**

Millbank Cheddar Cheese Omelette(2 eggs) **9.99**

** Make any omelette with 3 eggs for \$1 extra.*


VEGAN OPTIONS


Tossed Salad (summer) (Bowl) **3.99** (Plate) **8.99**

Made with green leaf lettuce, carrots, peppers, and red cabbage

Homemade Vegan Soup with gluten conscious roll..... **7.49**

Made with tomatoes, onion, carrots, peppers, potatoes, garlic, celery, chickpeas, spinach, cashews and spices.

Homemade Vegan Chili with gluten conscious roll **7.49**

Made with tomatoes, onion, garlic, peppers, celery, beans, and spices.

Homemade Vegan Tart Blueberry or Raspberry..... **3.99**


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Gluten Conscious Menu

Please note we are not a gluten free facility & cannot guarantee that items are completely free of allergens.

Daily Board Options - Portion Sizes & Pricing in Menu

If we have any of the following options on the Daily Black Board they are Gluten Conscious:

- **Roast Beef** (ask about gravy)
- **Pork Ribs**
- **Pork Roast** (ask about gravy)
- **Farmer's Sausage**
- **Pork Chops** with apple sauce (no mushroom gravy)
- **Roast Chicken** (no dressing & ask about gravy)
- **Liver & Onions**
- **Roast Turkey** (no dressing & ask about gravy)
- **Pig Tails**
- **Mashed or Steamed Potatoes** (ask about gravy)
- **All Vegetables** (except Hot Cabbage)
- **Coleslaw**

*Please view our rotating **Meat Schedule** on our website for daily meat options. Choose your favourite night to come! Please note, our Broasted Chicken & French Fries are NOT gluten conscious*

The broth for our daily meats & vegan items contain Yeast Extract.

- Homemade Vegan Soup** with gluten conscious roll..... **7.49**
- Homemade Vegan Chili** with gluten conscious roll..... **7.49**
- Tossed Salad** (summer) (all salad dressings).....(Bowl) **3.99**
.....(Plate) **8.99**

Add grilled chicken to any salad for \$3.99

SANDWICHES

*The following sandwiches can be made with Gluten Conscious Bread. Your choice of **Seed** or **White** bread. Bread must be toasted. Please note we DO NOT have a gluten free toaster.*

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| <ul style="list-style-type: none"> ♥ 2 Egg Western Ham & Onions ♥ BLT Bacon, Lettuce, Tomato, Mayo ♥ Roast Beef & Cheese Mayo & Lettuce ♥ Summer Sausage ♥ Ham & Cheese | <ul style="list-style-type: none"> ♥ Turkey Bacon Club ♥ Chicken Salad ♥ Tuna Salad ♥ Grilled Cheese |
| 6⁹⁹ | 9⁵⁹
6¹⁰ |

DESSERTS

- Gluten Conscious Butter Raisin or Butter Pecan Tart**
- Gluten Conscious Chocolate Chip Cookies**
- Gluten Conscious Ice Cream** - Vanilla & Chocolate (Chapman's)
- Gluten Conscious Chocolate Sundae**

3⁹⁹ ea.

