

# PLANTITUDE



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**Feb. 28-March 2**

## **Popeye Burger \$21.95**

Impossible Burger, Bacon, Cheese, sauteed mushrooms & spinach tossed with house dressing on a pretzel bun.

Served with soup & salad

**March 7-9**

## **Mediterranean Risotto \$22.95**

a selection of olives, artichokes, spinach & sundried tomato confit. Topped with parmesan

**March 14-16**

## **Plantitude Benny \$20.95**

Toasted English Muffin with roasted garlic aioli, sauteed mushrooms & spinach, tofu fried egg with cheddar yolk, almondaise sauce. Served with fruit cup & cubed potatoes

**March 21-23**

## **Apple Cinnamon French Toast \$20.95**

Tofu breaded cinnamon maple french toast topped with warm cinnamon apples, 2 slices of bacon.

Served with maple syrup, coconut whip & fruit cup

For every Dine & Sip Cowichan Meal purchased,  
Island Savings will donate \$5 to The Full Cupboard

