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| **~ September 2015 ~** |
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| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** |
|  | **LUNCH SPECIAL****$8.95+tax** | 9**Homemade Lasagna with either regular or gluten free noodles and a rich meaty roasted tomato basil sauce. Served with our homemade grilled focaccia and small tossed salad****Vegetarian available** | 10**Roasted Tomato** **three Bean & cheddar Quesadilla (white corn gluten free option available)** **with fresh salsa, sour cream. and a side orange red onion salad** | 11 **Battered cod tails with a light beer batter, plank cut fries, and homemade tartar sauce. Served with** **sweet and sour coleslaw**  |
| 14 **Peppered Prawns Alfredo** **Fettucine noodles (gluten free option available)sauteed tiger prawns, fresh cracked pepper, garlic & parmesan. Served with grilled herb bread**  | 15**Vegetarian Corn & Black Bean Chili, served with chili cheese Cornbread and** **cool cucumber salad** | 16**Hoisin Chicken Stir Fry with zucchini, peppers, onions, garlic, peas in a spicy hoisin sauce with steamed sticky rice.****Vegetarian option available** | 17**Slow roasted Pulled Pork with homemade spicy bbq sauce on a crusty baguette with sweet & sour coleslaw** | 18**Grilled Chicken & Bacon Wrap (white corn tortilla available)** **Served with choice of salad or soup** |
| 21**Smoky Bacon Panini with spinach, red onion, peppers and cheddar cheese. Served with choice of salad or ripple chips** | 22 **Roast Beef, slow roasted with dijon rosemary rub and served with red mashed potato, gravy and sauteed vegetable medley**  | 23**Honey Ginger Salmon Filet with mango salsa, basmati rice and stir fried vegetables.****or****Honey Ginger Stir Fried Tofu** | 24**Chicken Souvlaki Pita** **Skewer of herb chicken grilled with fresh oregano and served in a pita pocked with homemade tzatziki sauce. Served with greek salad** | 25**Wild Mushroom Ravioli with chopped bacon, fresh spinach, parmesan and pepper sauce.****Served with side tossed salad****Vegetarian available** |
| 28**Red Coconut Chicken Curry with vegetables, basmati rice and fresh fruit salad** | 29**Spicy Shrimp Caesar Salad with Sauteed jumbo prawns, louisiana hot sauce on a bed of caesar sakad with fresh foccacia bread** | 30**Three Bean Enchilada wrapped in corn tortillas, with rice, roasted tomatoes, beans,****corn, ancho chili, topped with cheese and sour cream** |  |  |

**Ripple Cafe strives to use the freshest produce and make as much of our menu in house as possible. We roast our own turkey and beef for sandwiches, make our own soups and artisan breads from scratch. If there is something you would like to see on our monthly menus please let the staff know. We try our best to accommodate varied tastes, cultures and special diets as we can.**

**Enjoy!**