

Frozen Meals to Go
(when available)

Prices Vary

Fully cooked home made
meals just thaw and warm

- Lasagna
- Shepherds Pie
- Chicken Pot Pie
- Hearty Beef Stew
- Cabbage Rolls
- Sweet Chili
- Soups & much more

Great Desserts:

- Fresh Baked Muffins
- Homemade Pies
- Delicious Pastries

Samples of

Daily Specials :

- Assorted Pasta
- BBQ Burgers
- Liver & Onions
- Haddock & Fries
- Taco Salad
- Chicken/Beef Pot Pie
- And Much More!

**ACTIVE LIFESTYLE
CENTRE**

20 Merritt Ave, Chatham



WISE OLD OWL CAFE



Dine in or Take out

Open Monday - Friday

9:00 am-3:00 pm

Everyone Welcome

(membership not needed to dine in the cafe)

519-352-5633



Coffee, Tea & Water
Available 9am-3pm
Monday - Friday

Meals Available
11:00 am - 2:00 pm

All day long you can enjoy home
baked goods, cookies, pies, etc.



DAILY LUNCH MENU

Deli Delight Sandwiches

Egg, Tuna, Chicken, &
Salmon Salad
Sandwiches
\$4.25

Ham & Cheese, Western,
B.L.T, Fried Egg & Cheese
\$4.25

Soup of the Day \$3.50

Lunch Specials \$6.50

Soup & Sandwich
or Salad Combo \$6.50



WISE OLD OWL CAFE



Find our daily specials posted
at the front counter, outside of
the cafe or on the ALC website

Phone: 519 352 5633

www.activelifestylecentre.org