



Chef's Daily Feature

Please ask your server for details.

Café Specialties

All served with a choice of soup or salad.

Warm Grilled Vegetable & Herbed Goat Cheese Stack ♦

on our own potato-rice bread with a molasses balsamic drizzle 14.

Atlantic Salmon 'Club' Sandwich • ♦

with naturally cured bacon, on house-made ciabatta bread with peach chutney, wasabi lime & honey mayo 16.

Warm Butter Chicken & Vegetable Sandwich •

on garlic buttered naan bread 13.

Vietnamese Bahn Mi Pork Tenderloin Sandwich • ♦

with daikon-carrot sweet pickle & chili mayo on a fresh-baked multi-grain hoagie bun 13.

Vegan Shepherd's Pie ♦

with a walnut mushroom & chickpea base, sweet fresh carrot puree centre, topped with olive oil mashed potatoes. Served with a mushroom red wine reduction & your choice of soup or salad 15.

Quiche of the Day served with your choice of salad or a bowl of soup 13.

Daily Sandwich Feature 14.

Soups, Salads & Lighter Fare

Soup of the Day served with fresh bread 6.

Soup of the Day & Salad Combination 11.

Good Old-fashioned Egg Salad Sandwich •

on whole grain bread or whole wheat wrap 6.

Turkey Waldorf Salad Sandwich •

with celery, dried cranberries, pecans, sweet pepper & green onions in a creamy sweet chilli mayo. Served on multi-grain bread or a whole wheat wrap 8.

Side Salad 6.

Regular Salad 11.

Moroccan Couscous & Chickpea Salad

with apricots, curry & almonds

Organic & Baby Greens ♦

with blueberry balsamic vinaigrette

Organic Quinoa, Vegetable and Blackcurrant Salad ♦

with honey miso vinaigrette

Broccoli, Raisins & Pecan Salad ♦

with buttermilk dill dressing

Please inform your server of any food sensitivities.

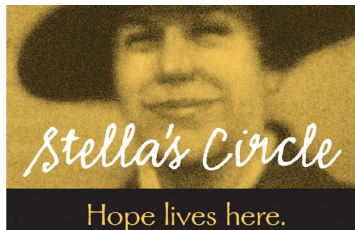
We will do our best to accommodate your needs; please note that a change in the content or presentation of some of our meals may be required.

♦ gluten-free item

• may be made gluten-free by requesting GF bread or a lettuce wrap; soups and specials are sometimes gluten-free, please ask

♦ contains seafood

About Stella Burry Community Services



As one of Newfoundland's pioneer social workers, Dr. Stella Burry believed that people who were down on their luck needed fairness – not charity.

A Deaconess of the United Church, in 1945 she secured the funds necessary to create Emmanuel House as a safe haven and community centre for young women coming to St. John's.

Stella Burry also actively lobbied politicians for policy changes, cajoled others to provide food and clothing, and brought people together to work cooperatively.

She was a tireless advocate for social justice at a time when the charity model was more in vogue. Why? Because she had seen first and that those in need don't want a handout, they want a hand up.

Stella Burry Community Services helps members of our community who have experienced significant personal troubles, including abuse, addictions, violence and incarceration.

We offer support and counselling services, develop and provide safe, affordable housing for low income individuals and families, and provide training and skills development programs that improve their prospects for employment.

A friend, a home and a job. Today, this philosophy is the cornerstone for the programs and services that comprise **Stella's Circle**:

Emmanuel House • Naomi Centre • Carew Lodge • Community Support Program
HOPEworks • New Beginnings • CAN DO: Employment Now! • Just Us Women's Centre
Brian Martin Housing Resource Centre

www.stellaburry.ca

About the Hungry Heart Cafe

The Hungry Heart Cafe is a socially responsible neighbourhood cafe featuring the freshest local products and many homemade specialties. We take pleasure in serving our customers with excellence in an atmosphere that is friendly and welcoming. We proudly use all of the profits from the Cafe to support our on-site training programs.



Our Mission

To transform the lives of our participants through culinary arts training, instilling a love of great food and ingredients, in ways that the entire community can participate in, support and celebrate.

Cafe, Catering and More

In addition to our Cafe, Hungry Heart operates a catering service that provides quality fresh, delicious food to satisfy any palate, and any budget. Contact us for:

Business, breakfast & lunch meetings • Special events, openings, conferences
Ongoing food service needs for organizations (daycares, schools, service groups etc.)

Need a venue for your late afternoon or evening meeting? Our Cafe is available, and offers an ideal setting for a comfortable catered meeting or full service dinner for up to 36 people.

The Hungry Heart Cafe

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