

# Food Menu

## FREE RANGE EGG FRITATTA \$4.95

with cheddar and scallions on an english muffin topped with garlic tomato aioli  
\*add crispy baked prosciutto +\$1

## SMOKED SALMON \$12.95

served on a bagel with garlic & herb cream cheese topped with pickled red onion & capers

## HOUSE GRANOLA \$5 +

with vanilla yogurt or steamed milk – option to add fresh berries

## MONTREAL BAGELS \$3.55

sesame seed, poppy seed, all dressed, cinnamon raisin

## SMOOTHIE BOWL \$7.95

smoothie of your choice with house granola and chopped banana & berries

## OVERNIGHT OATS \$5.95

vanilla yogurt with flax and blueberries

## MUSHROOM TOASTY \$8.95

sautéed mushrooms with tomato, red onion, local greens and aged cheddar topped with garlic aioli on ciabatta

## TURKEY & HAVARTI \$9.95

Roasted turkey and sliced havarti cheese served on a fresh croissant. Add garlic aioli or our frittata sauce.

## EGG SALAD \$5.95 on a fresh croissant

DAILY SOUP \$5.95 served with red pepper or gluten free crackers

ASSORTED DAILY SALADS & WRAPS \$9.95 - \$14  
vegan options, with chicken options, keto...etc

## SNACK PACKS \$4.95

cheese, crackers & grapes

# Fresh Daily Baking

## BANANA MUFFIN WITH DARK CHOCOLATE CHUNKS \$2.75

Vegan & dairy free

## BLUEBERRY OAT MUFFIN \$2.75

gluten free & dairy free

## SEASONAL MUFFIN \$2.75 - \$3

## BREAKFAST COOKIE \$2.75

oats, bananas, dates, maple syrup, seeds & cinnamon  
vegan & gluten free & dairy free

## PEANUT BUTTER PROTEIN BALL \$2.75

with oats, dates, maple syrup, walnuts & coconut  
vegan & gluten free & dairy free

## CHOCOLATE ENERGY BALL \$2.75

With dates, hemp hearts, coconut, & chocolate  
vegan & gluten free & dairy free

## UN-BEET-ABLE CHOCOLATE CAKE \$3.50

made with beets and ground almonds  
gluten & dairy free

## BLUEBERRY SCONE \$3

## SEASONAL SCONE \$3

maple, pumpkin spice, gingerbread, cranberry white chocolate, birthday cake

## COOKIES \$2.75

Oatmeal chocolate chip with pecans, ginger molasses, peanut butter, vanilla sprinkle cookie & Gluten Free Chocolate Chunk

## COOKIE CUP w CREAM CHEESE FILLING \$3.95

Gluten Free

## SEASONAL SUGAR COOKIE \$2.95

## ALMOND CROISSANT (tues only) \$4.25

## CINNAMON BUN (thurs thru sun only) \$4