

Food Menu

FREE RANGE EGG FRITATTA \$5.95

with cheddar and scallions on an english muffin topped with garlic tomato aioli

*add crispy baked prosciutto +\$1.50

SMOKED SALMON \$16.95

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

HOUSE GRANOLA \$5.75 +

with vanilla yogurt or steamed milk – add fresh berries \$

MONTREAL BAGELS \$4.25

sesame seed, poppy seed, all dressed, cinnamon raisin

SMOOTHIE BOWL \$10.95

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

OVERNIGHT OATS \$6.50

vanilla yogurt with flax and blueberries

NUTELLA & STRAWBERRY CROISSANT \$6.25

THE MEATBALL SANDWICH \$16.95

extra lean beef and freshly ground parmesan in our hand rolled meatballs, served on a Golden Grain sub bun

MUSHROOM TOASTY \$11.00

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

TURKEY & HAVARTI \$11.00

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

EGG SALAD \$9.95 on a fresh croissant

DAILY SOUP \$7.95 served with house made focaccia or gluten free crackers

ASSORTED DAILY SALADS & WRAPS \$13.50- \$14
vegan options, with chicken options, keto...etc

SNACK PACKS \$5.95

cheese, crackers & grapes

Fresh Daily Baking

BANANA MUFFIN WITH DARK CHOCOLATE CHUNKS \$3.75

Vegan & dairy free

BLUEBERRY OAT MUFFIN \$3.65

gluten free & dairy free

SEASONAL MUFFIN \$3.75-\$4.25

BREAKFAST COOKIE \$3.95

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

PEANUT BUTTER PROTEIN BALL \$3.25

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

CHOCOLATE ENERGY BALL \$3.25

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

UN-BEET-ABLE CHOCOLATE CAKE \$3.95

made with beets and ground almonds
gluten & dairy free

BLUEBERRY SCONE \$3.95

SEASONAL SCONE \$3.95

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

COOKIES \$3.65

Oatmeal chocolate chunk (dairy free), ginger molasses, peanut butter, lemon poppyseed (vegan) & Chocolate Chunk (Gluten Free)

CROISSANT \$3.95

APPLE CINNAMON CROISSANT \$4.95

COOKIE CUP w CREAM CHEESE FILLING \$4.95

Gluten Free

SEASONAL SUGAR COOKIE \$3.95

CINNAMON BUN (thurs thru sun only) \$5.95