

Food Menu

FREE RANGE EGG FRITATTA \$4.95
with cheddar and scallions on an english muffin
topped with aioli
*add crispy baked prosciutto +\$1

SMOKED SALMON \$9.95
served on a bagel with garlic & herb cream cheese
topped with pickled red onion & capers

HOUSE GRANOLA \$6.50 - \$7
served with vanilla yogurt and fresh berries
* substitute plain yogurt with maple drizzle

MONTREAL BAGELS \$3.25
sesame seed, poppy seed, all dressed, cinnamon
raisin

SMOOTHIE BOWL \$6.95
smoothie of your choice with house granola and
banana or berries

HOT OATMEAL \$3.95

OVERNIGHT OATS \$5.95
vanilla yogurt with flax and blueberries

CHICKEN TOASTY \$9.95
chicken breast with brie cheese and cranberries on
ciabatta

MUSHROOM TOASTY \$7.95
sautéed mushrooms with tomato, red onion, local
greens and aged cheddar topped with garlic aioli on
ciabatta

PESTO CHICKEN \$9.95 (HALF SIZE \$5.95)
diced chicken breast with basil pesto, red onion,
celery and local kale on multigrain

EGG SALAD \$7.95 on multigrain (HALF SIZE \$4.95)

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

ASSORTED DAILY SALADS & WRAPS \$9.95 - \$16
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

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

COOKIES \$2.75
Oatmeal chocolate chip, ginger molasses, triple
chocolate, peanut butter & Gluten Free Chocolate
Chunk

SEASONAL SUGAR COOKIE \$2.95