

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