

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 \$14.95
served on a bagel with garlic & herb cream cheese
topped with pickled red onion & capers

HOUSE GRANOLA \$5.25 +
with vanilla yogurt or steamed milk – option to add fresh
berries

MONTREAL BAGELS \$3.75
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

THE MEATBALL SANDWICH \$12.95
extra lean beef and freshly ground parmesan in our hand
rolled meatballs, served on a Golden Grain sub bun

MUSHROOM TOASTY \$8.95
sautéed mushrooms with tomato, red onion, local greens
and aged cheddar topped with garlic aioli on ciabatta

TURKEY & HAVARTI \$8.95
Roasted turkey and sliced havarti cheese served on a fresh
croissant. Add garlic aioli or our frittata sauce.

EGG SALAD \$6.95 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 \$3
Vegan & dairy free

BLUEBERRY OAT MUFFIN \$3
gluten free & dairy free

SEASONAL MUFFIN \$3.50

BREAKFAST COOKIE \$2.95
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 \$2.95
Oatmeal chocolate chip with pecans, ginger molasses,
peanut butter, vanilla sprinkle cookie & Gluten Free
Chocolate Chunk

COOKIE CUP w CREAM CHEESE FILLING \$4.50
Gluten Free

SEASONAL SUGAR COOKIE \$2.95

ALMOND CROISSANT (tues only) \$4.25

CINNAMON BUN (thurs thru sun only) \$4.50