

# 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

# Fresh Daily

# Baking

## BANANA MUFFIN WITH DARK CHOCOLATE CHUNKS \$3.50

Vegan & dairy free

## BLUEBERRY OAT MUFFIN \$3.50

gluten free & dairy free

## SEASONAL MUFFIN \$3.75

## BREAKFAST COOKIE \$3.75

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

## 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

## BLUEBERRY SCONE \$3.75

## SEASONAL SCONE \$3.75

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

## COOKIES \$3.45

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

## CROISSANT \$3.65

COOKIE CUP w CREAM CHEESE FILLING \$4.95  
Gluten Free

## SEASONAL SUGAR COOKIE \$3.95

ALMOND CROISSANT (tues only) \$4.65

CINNAMON BUN (thurs thru sun only) \$5.25