

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

SMOKED SALMON \$16.95
served on a bagel with garlic & herb cream cheese
topped with pickled red onion & capers

HOUSE GRANOLA \$5.50 +
with vanilla yogurt or steamed milk – add fresh berries \$

MONTREAL BAGELS \$4.25
sesame seed, poppy seed, all dressed, cinnamon raisin

SMOOTHIE BOWL \$8.95
smoothie of your choice with house granola and chopped
banana & berries

OVERNIGHT OATS \$5.95
vanilla yogurt with flax and blueberries

NUTELLA & STRAWBERRY CROISSANT \$6.50

THE MEATBALL SANDWICH \$14.95
extra lean beef and freshly ground parmesan in our hand
rolled meatballs, served on a Golden Grain sub bun

MUSHROOM TOASTY \$9.95
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 \$8.95 on a fresh croissant

DAILY SOUP \$6.95 served with house made focaccia 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 \$3.65
Vegan & dairy free

BLUEBERRY OAT MUFFIN \$3.65
gluten free & dairy free

SEASONAL MUFFIN \$3.95

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

CROISSANT \$3.65

APPLE CINNAMON CROISSANT \$4.65

COOKIE CUP w CREAM CHEESE FILLING \$4.95
Gluten Free

SEASONAL SUGAR COOKIE \$3.95

CINNAMON BUN (thurs thru sun only) \$5.75