

Food Menu

FREE RANGE EGG FRITATTA \$5.95
with havarti and scallions on an english muffin topped with
garlic tomato aioli
*add crispy baked prosciutto +\$1.50

SMOKED SALMON \$18.95
served on a bagel with garlic & herb cream cheese
topped with pickled red onion & capers

HOUSE GRANOLA \$5.95 +
with vanilla yogurt or steamed milk – add fresh berries \$2

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

SMOOTHIE BOWL \$12.95
smoothie of your choice with house granola and chopped
banana & berries

OVERNIGHT OATS \$6.95
vanilla yogurt with flax and blueberries

NUTELLA & STRAWBERRY CROISSANT \$7.50

THE MEATBALL SANDWICH \$18.95
extra lean beef and freshly ground parmesan in our hand
rolled meatballs, served on a Golden Grain sub bun

MUSHROOM TOASTY \$12.00
sautéed mushrooms with tomato, red onion, local greens
and aged cheddar topped with garlic aioli on ciabatta

TURKEY & HAVARTI \$12.00
Roasted turkey and sliced havarti cheese served on a fresh
croissant. Add garlic aioli or our frittata sauce.

EGG SALAD \$9.95 on a fresh croissant

DAILY SOUP \$7.95 served with house made focaccia or
gluten free crackers (side soup \$5.95)

ASSORTED DAILY SALADS & WRAPS \$14.50
vegan options, with chicken options, keto...etc

SNACK PACKS \$6.95
cheese, crackers & grapes

Fresh Daily Baking

BANANA MUFFIN WITH DARK CHOCOLATE CHUNKS \$3.75
Vegan & dairy free

BLUEBERRY OAT MUFFIN \$3.65
gluten free & dairy free

SEASONAL MUFFIN \$3.75-\$4.25

BREAKFAST COOKIE \$3.95
oats, bananas, dates, maple syrup, seeds & cinnamon
vegan & gluten free & dairy free

PEANUT BUTTER PROTEIN BALL \$3.50
with oats, dates, maple syrup, walnuts & coconut
vegan & gluten free & dairy free

CHOCOLATE ENERGY BALL \$3.50
With dates, hemp hearts, coconut, & chocolate
vegan & gluten free & dairy free

UN-BEET-ABLE CHOCOLATE CAKE \$4.25
made with beets and ground almonds
gluten & dairy free

BLUEBERRY SCONE 4.25

SEASONAL SCONE \$4.25
maple, pumpkin spice, gingerbread, cranberry white
chocolate, birthday cake

COOKIES \$3.95
Oatmeal chocolate chunk (dairy free), ginger molasses,
peanut butter, lemon poppyseed (vegan) & Chocolate
Chunk (Gluten Free)

CROISSANT \$3.95

APPLE CINNAMON CROISSANT \$4.95

COOKIE CUP w CREAM CHEESE FILLING \$4.95
Gluten Free

SEASONAL SUGAR COOKIE \$3.95

CINNAMON BUN (thurs thru sun only) \$6.50