

# Breakfast + Lunch



## BAKERY

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- HOUSE-MADE GRANOLA BAR ..... 3.5
- MUFFIN ..... 5
- LEMON BLUEBERRY LOAF..... 5.5
- CHOCOLATE BANANA LOAF ..... 5.5
- CHOCOLATE AVALANCHE PASTRY .. 5.5
- SPINACH + FETA PASTRY..... 5.5
- CHERRY + CREAM CHEESE PASTRY.. 5.5
- BROWNIE ..... 5

GLUTEN FREE

VEGETARIAN

## BREAKFAST

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- SUNRISE SANDWICH ..... 9  
Egg, gouda, red pepper mayo, brioche bun, choice of bacon or sausage
- BREAKFAST WRAP ..... 13  
Scrambled eggs, bacon, hash browns and cheese

## LUNCH

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- VEGAN WRAP ..... 13  
Rice, black bean + corn salsa, vegan cheese
- SPECIALTY DAILY SANDWICHES .... 13-17
- CLASSIC SUBS ..... 12  
Ham, turkey, roast beef

## SALADS

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- CHICKPEA SALAD ..... 8  
Tomatoes, onions, cilantro, parsley, crumbled feta, olive oil + lemon juice
- LAYERED BEAN AND QUINOA SALAD (VEGAN) ..... 9  
Black beans, quinoa, cherry tomatoes, onions, cucumber, parsley + raspberry vinaigrette
- ARUGULA SALAD ..... 8  
Arugula, butternut squash, cherry tomatoes, goat cheese, balsamic dressing



# Coffee + Specialty Drinks



## ESPRESSO

	12oz	16oz	20oz
ESPRESSO	3.25	4.75	5.25
AMERICANO	4.25	5	5.5
MISTO	4.5	5.25	6
CAPPUCCINO	5.5	6.5	7.5
FLAT WHITE	5.5	6.5	7.5
LATTE	5.5	6.5	7.5
CARAMEL MACCHIATO	6.25	7.25	8.25
MOCHA (WHITE OR DARK)	6	7	8

*Ask for your drink to be iced!*



## SPECIALTY

	12oz	16oz	20oz
CHAI LATTE	6	7	8
LONDON FOG	6	7	8
MATCHA LATTE	6	7	8
HOT CHOCOLATE	5.75	6.75	7.75
STEAMED MILK	4.5	5.5	6.5
TEAVANA TEA	3.5	4.25	4.25
DRIP COFFEE	4	4.5	5

## ADD-ONS

WHIPPED TOPPING	1
EXTRA ESPRESSO SHOT	2
FLAVOUR SHOT	1
ALMOND, COCONUT, SOY, OR OAT MILK	1

