



TAKEOUT CAFE & CATERING

Breakfast

HAM & CHEESE BREAKFAST BLISS | \$7.95

Double egg, cheddar cheese, ham, tomatoes, mayo, ketchup, mustard, on a brioche bun

DOUBLE EGG TURKEY DELIGHT | \$7.95

Double egg, cheddar cheese, turkey, tomatoes, mayo, ketchup, mustard, on a brioche bun

EEGGCELLENT SPINACH SUNRISE | \$7.25

Double egg, cheddar cheese, spinach, tomatoes, mayo, ketchup, mustard, on a brioche bun

**Add bacon +\$1.50*



Soup

SOUP OF THE DAY | \$6.95

Salads

SELECTION MAY VARY DAILY

Hot meals

Veggie option available for all hot meals

BUTTER CHICKEN ON RICE | \$14.95

OTHER HOT MEAL OPTIONS VARY DAY BY DAY

Sandwiches

CHICKEN SALAD MELT | \$12.95

Chicken salad, swiss cheese, cucumbers, tomatoes, lettuce, mayo, on ciabatta

JAMAICAN JERK CHICKEN MELT | 13.45

Jamaican jerk chicken salad, swiss cheese, cucumbers, tomatoes, lettuce, mayo, on ciabatta

TURKEY MELT | \$12.95

Turkey, swiss cheese, cucumbers, tomatoes, lettuce, mayo, on ciabatta

TURKEY AVOCADO | \$13.45

Turkey, swiss cheese, cucumbers, tomatoes, lettuce, guacamole, mayo, on cranberry sourdough

CHIMICHURRI ROAST BEEF MELT | \$13.45

Roast beef, swiss cheese, sun dried tomatoes, lettuce, mayo, chimichurri, on ciabatta

CROQUE MONSIEUR MELT | \$12.95

Ham, swiss cheese, tomatoes, lettuce, mayo, on ciabatta

TUNA SALAD MELT | \$12.95

Tuna salad, swiss cheese, cucumbers, tomatoes, lettuce, mayo, on ciabatta

EGG SALAD MELT | \$12.95

Egg salad, swiss cheese, cucumbers, tomatoes, lettuce, mayo, on ciabatta

VEGGIE MELT | \$12.95

Swiss cheese, cucumbers, tomatoes, sun dried tomatoes, lettuce, guacamole, mayo, balsamic, on ciabatta

CLUB HOUSE | \$13.45

Turkey, bacon, lettuce, tomatoes and mayonnaise on ciabatta

GRILLED CHEESE | \$7.95

Swiss & cheddar cheese, on ciabatta

ADD-ON SANDWICH DIPS | \$2.25



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Cold Drinks

	120Z	160Z
ICED AMERICANO	\$3.95	\$4.75
ICED LATTE	\$4.95	\$5.95
ICED MATCHA TEA LATTE	\$5.50	\$6.50
ICED MOCHA	\$4.95	\$5.95
ICED CARAMEL MACCHIATO	\$4.95	\$5.95
ICED VANILLA MACCHIATO	\$4.95	\$5.95
ICED TEA	---	\$3.95
LEMONADE	---	\$3.95
VARIETY OF CANNED & BOTTLED	SEE IN STORE	



Hot Drinks

ESPRESSO	\$2.50	---
LUNGO	---	\$3.25
	120Z	160Z
AMERICANO	\$3.95	\$4.75
AMERICANO MISTO	\$4.75	\$5.50
CAPPUCCINO	\$4.95	\$5.95
LATTE	\$4.95	\$5.95
MATCHA LATTE	\$5.50	\$6.50
MOCHA	\$5.50	\$6.50
CARAMEL MACCHIATO	\$5.50	\$6.50
VANILLA MACCHIATO	\$5.50	\$6.50
HOT CHOCOLATE	\$4.25	\$5.25
TEA	\$3.75	\$3.85
CHAI LATTE	\$4.75	\$5.75
LONDON FOG	\$4.75	\$5.75
<i>*Substitute for Oat Milk +\$1.50</i>		

Healthy Snacks

YOGURT PARFAIT	\$5.25
CHIA PUDDING	\$5.75
AVOCADO TOAST	\$8.95
Smashed avocado, tomatoes, cilantro, topped with a balsamic drizzle, on sourdough	
<i>*Add an egg +\$2</i>	
Protein Shakes	
CHUNKY MONKEY	\$10.95
Peanut butter, Banana, Chocolate Protein Powder, Flax Seeds, Milk	
STRAWBERRIES & CREAM	\$10.95
Strawberries, Vanilla Protein Powder, Hemp Hearts, Milk	
BISCOFF CRUNCH	\$10.95
Biscoff, Vanilla Protein Powder, Flax Seed, Milk	
<i>*Substitute for Oat Milk +\$1.50</i>	

Savory Delights

SAMOSA	\$2.95
Chicken / Beef / Veggie	
SAUSAGE ROLL	\$4.95
Chicken / Beef	

Sweet Treats

BANANA LOAF	\$4.95
LEMON LOAF	\$4.95
SCONE	\$4.95
BISCOFF BRÛLÉE CROISSANT	\$6.95
CHOCOLATE CROISSANT	\$4.65
JUMBO COOKIE	\$4.95
MILLIONAIRE BAR	\$4.95
DESSERT BAR	\$4.95
AFFOGATO	\$4.95

