
SERVED ALL DAY

EGG WHITE WRAP

\$5.50

EGG WHITE KALE AND BELL PEPPERS TOPPED WITH SPINACH, SALSA AND FETA CHEESE, WRAPPED AND GRILLED TO PERFECTION

WHOLE EGG WRAP

\$5.50

WHOLE EGG, TURKEY AND MUSHROOMS TOPPED WITH SPINACH, SALSA AND CHEDDAR CHEESE, WRAPPED AND GRILLED TO PERFECTION

BAGEL 'N' BUTTA

\$2.25

PLAIN, CINNAMON RAISIN, 12 GRAIN, BLUEBERRY, EVERYTHING

BAGEL 'N' SCHMEAR

\$3.00

PLAIN CREAM CHEESE, PEANUT BUTTER OR JAM

LIQUID LUNCH

\$5.25 | \$7.25

12OZ OR 16OZ SMOOTHIES MADE JUST THE WAY YOU WANT
FILL OUT THE SMOOTHIE FORM TO ORDER

SERVED 11AM — 7PM

BOWL OF SOUP

\$5.00

ASK YOUR SERVER ABOUT THE CURRENT SEASONAL SOUP

SOUP AND SAMMY COMBO

\$11.00

HALF OF OUR DAILY FEATURE SANDWICH AND A CUP OF SEASONAL SOUP

GREEN SALAD

\$11.00

BABY GREENS, POACHED BEET, ROASTED PUMPKIN SEEDS, CHÈVRE,
APPLE CIDER VINAIGRETTE

QUINOA SALAD

\$13.00

QUINOA, SPINACH, BEANS, GREEN ONION, CHERRY TOMATO, PEPPERS,
AVOCADO, JALAPEÑO, BLACK OLIVES, CHEDDAR CHEESE,
SMOKED TOMATO VINAIGRETTE

GRAIN BOWL

\$14.00

BROWN RICE, GREEN LENTILS, CARROT, BUTTERNUT SQUASH, SAUTÉED
SPINACH AND KALE, ROASTED PUMPKIN SEEDS, GARLIC TAMARI

PUMP UP THE PROTEIN

\$4.00

ADD 4OZ CHICKEN BREAST OR CONFIT SALMON TO YOUR SALAD OR BOWL

COFFEE, TAZO TEA & MORE

BREWED COFFEE	\$1.90		\$2.25		\$2.55
BREWED TAZO TEA	\$2.05		\$2.25		\$2.45
CHAI TEA LATTE	\$3.95		\$4.45		\$4.95
HOT CHOCOLATE	\$3.25		\$3.45		\$3.75
COLD BREW COFFEE	\$2.95		\$3.65		\$3.95
ICED COFFEE	\$2.65		\$2.95		\$3.25
ICED TAZO TEA	\$2.25		\$2.75		\$3.25
BLACK, GREEN OR PASSION TEA WITH CLASSIC, PEACH OR RASPBERRY					
ICED TEA LEMONADE	\$3.45		\$3.95		\$4.45
BLACK, GREEN OR PASSION TEA WITH CLASSIC, PEACH OR RASPBERRY					
FRAPPUCCINO	\$4.45		\$4.95		\$5.45
ESPRESSO, GREEN TEA, CHAI, JAVA CHIP, MOCHA, WHITE MOCHA, CARAMEL, VANILLA BEAN, STRAWBERRIES & CREME, DOUBLE CHOCOLATE CHIP					

ESPRESSO

ESPRESSO	SOLO \$1.95		DOPPIO \$2.45	
CAFFÉ AMERICANO	\$2.55		\$2.95	\$3.35
CAFFÉ LATTE	\$3.45		\$3.95	\$4.45
FLAVOURED LATTE	\$3.95		\$4.45	\$4.95
CAPPUCCINO	\$3.45		\$3.95	\$4.45
CARAMEL MACCHIATO	\$4.25		\$4.75	\$4.95
CAFFÉ MOCHA	\$3.95		\$4.45	\$4.95
WHITE MOCHA	\$4.25		\$4.75	\$4.95
ADD ESPRESSO SHOT				\$0.80
ADD FLAVOURED SYRUP				\$0.50
VANILLA, SUGAR-FREE VANILLA, CARAMEL, HAZELNUT				
ADD DAIRY FREE MILK				\$0.70
SOY, COCONUT, CASHEW AND ALMOND BEVERAGE				