


# LUNCH


**Soup or Salad**   **6.60**  
Rotating seasonal soup/chili or salas. Ask us what we have in house today!

**Breakfast Wrap** **7**  
Scrambled eggs, seasoned fried potatoes, in-house salsa, and cheddar cheese pressed on the grill. Add either bacon or guacamole for 1.50.

**Sandwiches** **12**  
All sandwiches come with a side of soup or corn chips and salsa. Chose your protein: marinated chicken breast or smoked tofu.

- **Avocado Melt:** your choice of protein, guacamole, cheddar cheese, tomato, and onion.


- **Caesar Wrap:** your choice of protein, parmesan or nutritional yeast, onion, kale, and house Caesar dressing. Add bacon for 1.50. 

- **Turmeric Mango Wrap:** your choice of protein, cucumber, red pepper, shredded carrots, avocado, onion, kale, and a mango turmeric dressing. 

**Fancy Grilled Cheese** **7**  
Old cheddar or brie with sliced apples and red onion on artisanal bread.

# SNACKS & SWEETS

**Everything Bagel**  **3.25**  
Add: cream cheese | tomato | cucumber 0.75 ea.  
Add: guacamole | bacon 1.50 ea.  
Gluten-free bagel  Add 0.50

**Pretzel**  **4.40**  
Served with yellow mustard, Dijon mustard, or cinnamon sauce.

**Assorted Pastries** **Prices vary**  
See display for options.

# HOT DRINKS

*All espresso drinks are made with a double shot*

<b>Brewed coffee</b>	<b>2.50</b>
<b>Espresso</b> (double)	<b>2.60</b>
<b>Tea - cup/pot</b> (see Tea List below)	<b>2.50/4.85</b>
<b>Americano</b>	<b>3.25</b>
<b>Hot Chocolate</b>	<b>4</b>
<b>Macchiato</b>	<b>4</b>
<b>Cortado</b>	<b>4</b>
<b>Mocha</b>	<b>4.40</b>
<b>Flat White</b>	<b>4.40</b>
<b>Cappuccino</b>	<b>4.40</b>
<b>Latte</b>	<b>4.40</b>
<b>Tea / Health Latte</b>	<b>4.40</b>
Chai, Matcha, London Fog, Golden Milk (turmeric), Beet Root	
<b>Dirty</b> (add a double shot of espresso to any drink)	<b>1</b>
<b>Syrup Shot</b>	<b>0.50</b>
Hazelnut, Vanilla, Caramel, Chocolate	

## Tea List

**Herbal** - Peppermint, Chamomile, Lemongrass, Hibiscus, Dreamcatcher, Peach Rooibos, Ginger Lime, Vanilla Bourbon Rooibos, Honey Bush Orange

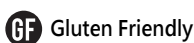
**Green** - Bancha Green, Jasmine Green, Lemon Green, Toasted Walnut

**Black** - Lychee Congu, Lapsang Zhivago, Earl Grey, Assam, Formosa Oolong, Decaf Chai, Decaf English Breakfast

# COLD DRINKS

<b>Iced Coffee</b>	<b>3.70</b>
<b>Iced Latte</b>	<b>5.15</b>
<b>Iced Tea</b>	<b>3.70</b>
<b>Kombucha (bottle)</b>	<b>5</b>
<b>Kombucha Bubble Tea</b>	<b>6.60</b>
<b>Assorted Cold Drinks</b>	<b>3</b>
Coke, Diet Coke, Sprite, Ginger Ale, Soda Water, Tonic Water, Orange Juice, Cranberry Juice	

Prices do not include applicable taxes



While quantities last.

# Bar Drinks

## Warm 8.50

Amaretto Latte (1.5 oz) - Amaretto, Happy Goat espresso, steamed milk

Spiked Chai (1 oz) - Spiced rum, house chai concentrate, steamed milk

Bourbon Hot Chocolate (1 oz) - Bourbon, chocolate sauce, steamed milk

**Add liqueur or Jameson to your coffee**

Prices vary

## Hooch & Booch (1.5 oz) 8

Kombucha, gin

## Bar Rail

Single/Double 6/9

## Classic Cocktail 12

## WINE

### House Red or White

Glass (5 oz) 7.50

Bottle 30

## BEER

### Draught, 16 oz

Starving Artist Lager, 5% 5

Camerons - Rotating tap 7.50

Seasonals - Rotating taps Prices vary

### Tall Boys, 473 mL 7.50

Rotating selection

### Cider, 473 mL 7.50

Rotating Ontario Craft Ciders

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