

# Beverages

**FAIR TRADE COFFEE .....2.15/2.50**

*12 oz or 16 oz. Bring your reusable cup or mug and get 10% off!*

**NUMI FAIR TRADE & ORGANIC TEA ..... 2.50**

*Bring your reusable cup or mug and get 10% off!*

**LATE, MOCHA, HOT CHOCOLATE\* ..... 3.75**

*12 oz. Bring your reusable cup or mug and get 10% off!*

**MILK ..... 2.25**

**HAPPY PLANET SMOOTHIE..... 3.25**

**JUICE..... 2.75**

# Bakery

**MUFFIN ..... 3.25**

**SCONE ..... 3.75**

**COOKIE ..... 2.25**

**SQUARE OR BAR ..... 3.95**

**PASTRY ..... 3.75**

**SAMOSA ..... 3.95**

*Vegetable or Chicken*

**HOUSE-MADE SAUSAGE ROLL ..... 4.25**

*Vegan or Pork*

**VEGAN PRETZEL TWIST ..... 4.75**



# Breakfast\*

**BREAKFAST SANDWICH..... 6.25**  
*Egg and cheddar with choice of bacon, sausage or tomato*

**VEGAN BREAKFAST SANDWICH ..... 6.25**  
*Plant-based sausage, tomato, vegan bun*

*\*Gluten free – upon request*

# Grab & Go

**GREEK YOGURT / CHIA PUDDING ..... 6.95**

**OVERNIGHT OATS ..... 7.25**

**FRUIT SALAD ..... 6.95**

**HUMMUS & PITA ..... 5.25**

**SANDWICH ..... 10.95**

**PLANT-BASED WRAP ..... 9.95**

**SALAD ..... SMALL 8.95 / LARGE 12.95**

# Lunch

**DAILY SOUP ..... 4.95**  
*Add fresh bread for \$1.50 a piece*

**FRESH CUT FRIES ..... SMALL 4.95 / REG 6.95**

**SWEET POTATO FRIES ..... SMALL 5.95 / REG 7.95**

**TRADITIONAL POUTINE ..... SMALL 7.95 / REG 11.95**



# Burgers

**GRILLED BEEF OR CHICKEN BURGER ..... 14.75**

*Lettuce, tomato, red onion, pickle . Served with salad or fries*

**VEGAN BLACK BEAN BURGER ..... 14.75**

*Lettuce, tomato, Chipotle Mayo. Served with salad or fries*

**EXTRA CHEESE OR BACON ..... 2.00**

**SWEET POTATO FRIES OR POUTINE ..... 4.00**

*Substitute the side of fries*

*Note: Burger patties are gluten free. Gluten free bun available upon request.*

# Custom Creations

**BUILD YOUR OWN BOWL ..... 14.75**

*Choose your grain, protein, plants and sauce*

**BUILD YOUR OWN SANDWICH OR WRAP..... 15.25**

*Choose your bread, protein, plants and sauce.*

*Served with salad greens or fresh cut fries*

**EXTRA PROTIEN (3 OZ) ..... 2.95**

**GRAINS:** Basmati rice, Farro, Quinoa

**BREAD:** Multigrain, Gluten Free/Vegan White, Whole Wheat Wrap

**PROTIEN:** Ham, Turkey, Bacon, Cheddar Cheese

**PLANT PROTIEN:** Falafel, Spicy Refried Black Beans, Vegan Crumble

**PLANTS:** Lettuce, Tomato, Spinach, Cucumber, Pepper, Carrot, Pickle,  
Banana Pepper, Onion

**SAUCES:** Dijon Mustard, Chipotle Mayo (GF, V), Hummus (GF, V),  
Tahini Yogurt (GF, Veg)

