

# 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**

**SAMOSAS ..... 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**

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

# Lunch

**GRAIN BOWL ..... 14.75**

**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 & Sandwiches

**GRILLED SANDWICH ..... 14.75**  
*Served with salad or fries*

**BURGER ..... 14.75**  
*Served with salad or fries*

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

**SWEET POTATO FRIES OR POUTINE ..... 4.00**  
*Substitute the side of fries*

## ALLERGEN WARNING

While we take great care in preparing and labeling our food, we cannot guarantee that any of our products are allergen free due to shared equipment used to store, prepare and serve.

We openly handle several allergens including dairy, soy, peanuts, tree nuts, eggs, wheat and others.

Please consult our team about ingredients used before ordering.

