

»—→ ALL DAY BREAKFAST ←—«

Scramble Breakfast Wrap – Organic tofu scramble, chipotle sauce, cheeze shreds and lettuce. Served with a hash brown. \$13.90

+ make it a meal add a locally brewed coffee \$2

Nomlette *gf – The amazing vegan nom-lette! A tasty brunch option filled with spinach, onions mushrooms & coconut bacon. Served with potato wedges or side salad. \$16.50

Lox wrap – Smoky carrot spread, house made dilly cream cheeze, pickled red onion, capers, lettuce. Comes with your choice of roasted potato wedges or side salad. \$15.95

Hangover Bun *gfo – House made chickpea eggy patty, two slices of seitan bacon, a classic hash brown, lettuce & tomato and garlic mayo, on a toasted locally made bun. Served with side salad. \$16.95

»—→ BAKERY ITEMS ←—«

Brownie *gf – Our famous gluten free brownies, made fresh daily! \$5.55

Coconut Cream Pie (gf) – Graham cookie crust, cashew coconut filling, toasted coconut. \$9

Cupcakes – Assorted flavours \$4.35

Carrot Cake – \$6.95

Cookies – Baked fresh daily \$3

Muffins – Seasonal flavours \$3.25

We also bake special occasion cakes! Call to order yours today!

»—→ SMOOTHIES ←—«

Strawberry Fields – Strawberry, banana, mango, vanilla. \$7.95

Blueberry Blast – Blueberry, cranberry, banana, pineapple. \$7.95

Hulk – Spinach, mango, green apple, banana. \$7.95

»—→ FRESH PRESSED JUICE ←—«

Freshly made and bottled in house!

Energizer – Fresh pressed carrots, apple, ginger. \$8.95

Elixir – Fresh pressed beet, apple, celery, lemon. \$8.95

Flu Booster – Fresh pressed celery, orange, lemon, ginger. \$8.95

»—→ COLD DRINKS ←—«

Goodmore Kombucha – Locally made! Elderflower, Rosehip Hibiscus, Mint Chamoile, Ginger, Lavender Sage. \$6

Propeller Rootbeer – Locally made. \$3.29

Propeller Ginger Beer – Locally made. \$3

Iced Coffee – Locally brewed with choice of coconut or oat creamer. \$4

San Pellegrino – Orange or pomegranate sparkling fruit beverage. \$3

»—→ HOT DRINKS ←—«

Coffee – Locally brewed Java Blend - choice of coconut or oat milk. \$3

Tea – Green tea, black tea, or mint tea. Choice of coconut or oat milk. \$3

***Come check out our grocery fridge and freezer!
Full of ready made sandwiches, soups, sauces and salads!***