

»— ALL DAY BREAKFAST —«

Add a coffee or tea for \$2.50

Wake'N Bake \$17.99 – House-made butter biscuit, sage seitan sausage, wilted spinach, cranberry sauce, caramelized onion, tofu chèvre. Served with choice of side salad or roasted potato wedges.

Rise'N Shine Breakfast Wrap \$14.99 – Organic tofu scramble, sautéed mushroom and peppers, chipotle sauce, cheeze shreds, salsa. Served with a hash brown.

Hangover Bun *gfo \$16.99 – House made chickpea egggy 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.

Nomlette *gf \$16.99 – The amazing vegan nom-lette! A tasty brunch option filled with tofu scramble, onions, mushrooms & coconut bacon. Served with potato wedges or side salad.

»— BAKERY ITEMS —«

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

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

Cupcakes \$4.35 – Assorted flavours

Two-Tiered Carrot Cake \$68 – 8" layered spiced house-made carrot cake with vanilla buttercream icing. Topped with walnuts

Cookies by the Dozen \$28

Scone \$4.25 – Seasonal baked fresh daily

Muffins \$3.25 – Seasonal flavours

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

»— SMOOTHIES —«

Made with your choice of oat, soy or almond milk.

Strawberry Fields \$7.99 – Strawberry, banana, mango, vanilla.

Blueberry Blast \$7.99 – Blueberry, cranberry, banana, pineapple.

Hulk \$7.99 – Spinach, mango, green apple, banana.

»— FRESH PRESSED JUICE —«

Freshly made and bottled in house!

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

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

Flu Booster \$9.50 – Fresh pressed orange, lemon, ginger and celery.

»— COLD DRINKS —«

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

Propeller Rootbeer \$3.29 – Locally made.

Propeller Ginger Beer \$3.29 – Locally made.

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

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

»— HOT DRINKS —«

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

Tea \$3 – Black, matcha green, ginger turmeric or cinnamon cardamon.

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