

»→ ALL DAY BREAKFAST ←«

Apple Cinnamon French Toast \$15.99 – French bread, local apple & cinnamon compote, date caramel, maple pecans, served with seitan bacon.

Rise'N Shine Breakfast Wrap \$15.99 – Organic tofu scramble, sautéed mushroom and peppers, chipotle sauce, cheeze shreds, salsa. Served with a hash brown.

Breakfast Bowl *nf \$16.99 – Seitan bacon, roasted potatoes, sautéed mushrooms and onions, steamed kale, toasted sesame seeds, dragon sauce.

Hangover Bun \$16.99 – 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.

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.

»→ TREATS ←«

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

Gluten Free Brownie \$5.75 – Our famous gluten free brownies, made fresh daily!

Gluten Free Pecan Blondies – \$4.75

Cupcakes \$4.35 – Assorted flavours

Chocolate chip cookie \$3.25 – Baked fresh in house!

Muffins \$3.50 – Seasonal flavours

»→ HOT DRINKS ←«

Coffee \$3 – Locally brewed Java Blend - choice of oat/ almond/ soy milk

Tea \$3 – Ginger Tumeric, Organic Green, Peppermint, Early Grey

»→ SMOOTHIES ←«

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

Strawberry Fields \$9.50 – Strawberry, banana, mango, vanilla.

Chocolite \$9.50 – Banana, dates, cocoa, vanilla

Blueberry Blast \$9.50 – Blueberry, cranberry, banana, pineapple.

Hulk \$9.50 – 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 ←«

Beet Lemonade \$6.50 – Wild Leeks own fresh pressed beets and lemons with organic cane sugar

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.

BUBLY \$2.00 – flavoured sparkling water (pineapple, blackberry, strawberry or peach)

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

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

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