

Sandwiches

REUBEN \$10^{.49} | 500 Cals

Pastrami, Swiss cheese, sauerkraut, arugula and Thousand Island sauce on a focaccia bun.

CUBAN \$10^{.49} | 430 Cals

Ham, capicollo, Swiss cheese, pickles, spinach and Dijonnaise on a ciabatta bun.

FIRECRACKER GRILLED CHEESE \$10^{.49} | 660 Cals

Multigrain sunflower bread, cream cheese, jalapeños, artichokes, spinach, roasted corn, green peppers and cheddar cheese.

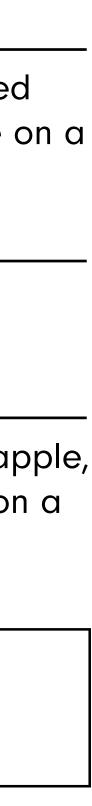
MUSHROOM BANH MI \$10^{.49} | 630 Cals

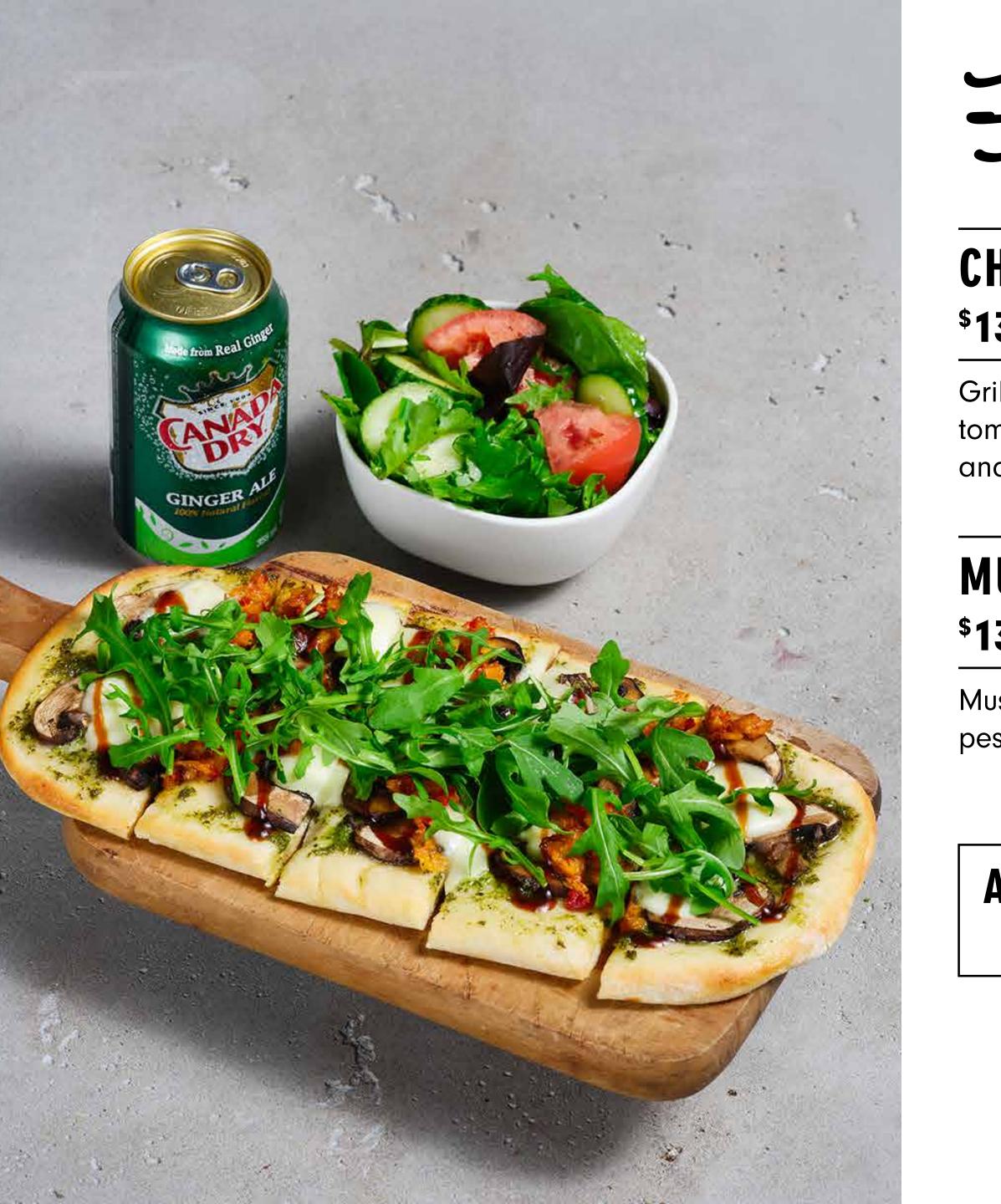
Roasted portobello, zucchini, pickled vegetables and Thai peanut sauce on a ciabatta bun.

CHICKEN & BRIE \$10^{.49} | 650 Cals

Chicken, brie, caramelized onion, apple, Orange Marmalade and arugula on a focaccia bun.

ADD: SIDE SALAD & POP CAN \$6.99





Flatbreads

CHIPOTLE CHICKEN \$13^{.99} | 510 Cals

Grilled chicken, green peppers, tomatoes, mozzarella, chipotle sauce and garlic kale chips.

MUSHROOM SPEZIATA \$13^{.99} | 480 Cals

Mushrooms, bocconcini, La Bomba, garlic pesto, arugula and balsamic glaze.

ADD: SIDE SALAD & POP CAN \$6.99



LARGE:

SMALL:

\$5.79 | 70 - 180 Cals



Salad Bowls

ADD Boiled Egg ^{\$}1.25 Chicken ^{\$}5.99, Salmon ^{\$}6.50

PROTEIN POWER BOWL \$12^{.99} | 410 Cals

Kale, spring mix, quinoa, edamame, chickpeas, sweet potato, hemp hearts and zucchini with Tahini dressing.

SWEET & BEET BOWL \$12^{.99} | 480 Cals

Romaine, mixed greens, beets, sweet potatoes, goat cheese, sunflower seeds and sundried tomatoes with Balsamic dressing.

QUINOA BOWL \$12^{.99} | 510 Cals

Kale, spring mix, feta, sweet potatoes, wasabi peas, quinoa and beets with Balsamic dressing.

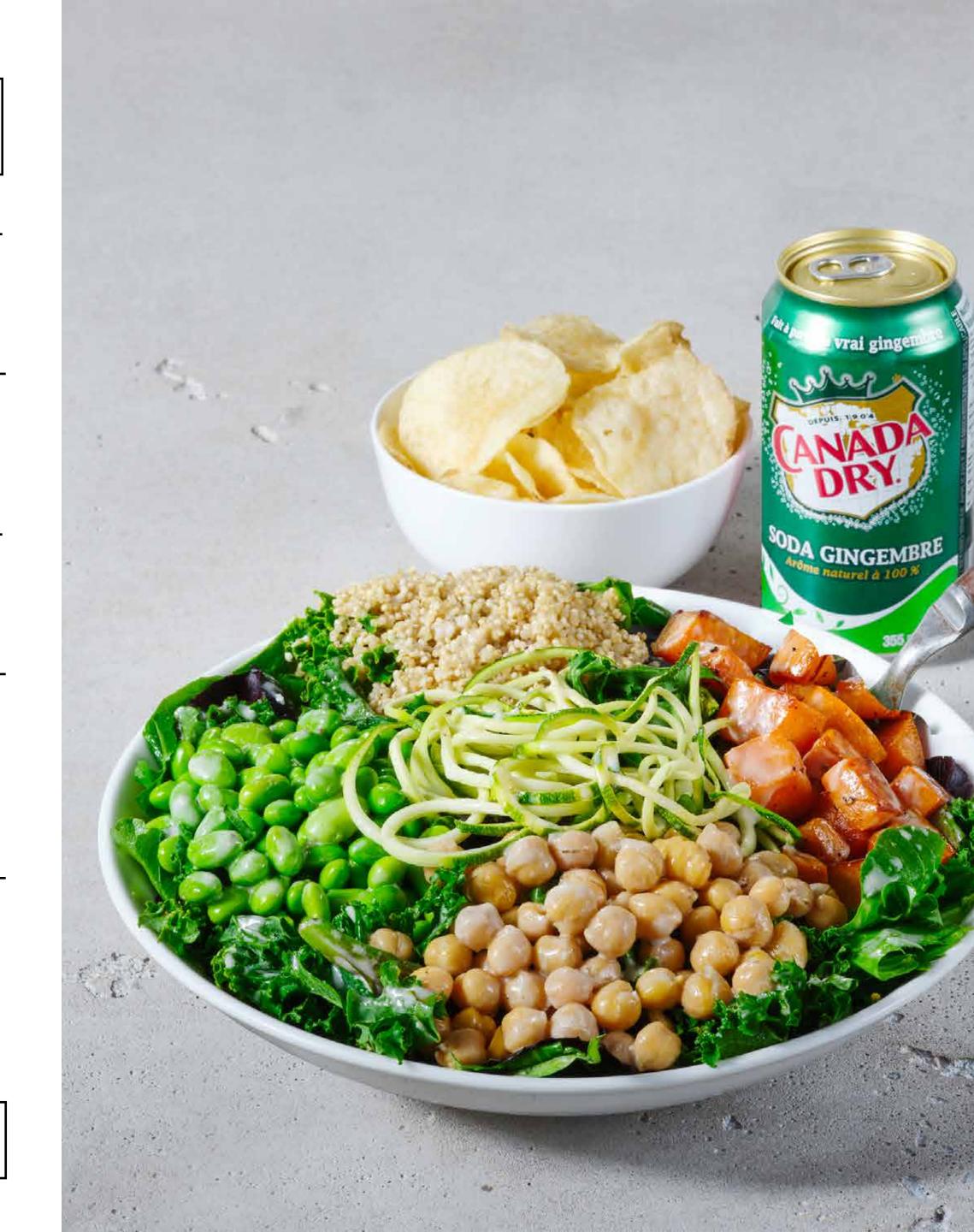
BISTRO BOWL \$12^{.99} | 470 Cals

Mixed green, arugula, carrot noodles, roasted mushrooms, Kalamata olives, red cabbage, hemp hearts and goat cheese with lemon zaatar dressing.

BUILD YOUR OWN SALAD* \$12^{.99} | 250 – 600 Cals

* Includes 5 toppings | Extra charges apply for premium toppings & protein.

Additional Topping: \$1.09 eachAdditional Premium Topping: \$1.49 each



Hot Bowls

ASIAN BBQ SALMON \$17^{.25} | 780 Cals

Garlic rice, kale, edamame, tomatoes, roasted red peppers, roasted onion, chopped romaine, red cabbage and Asian BBQ sauce.

BUTTER CHICKEN \$16^{.50} | 960 Cals

Butter chicken served with basmati rice, kachumber and mint yogurt.

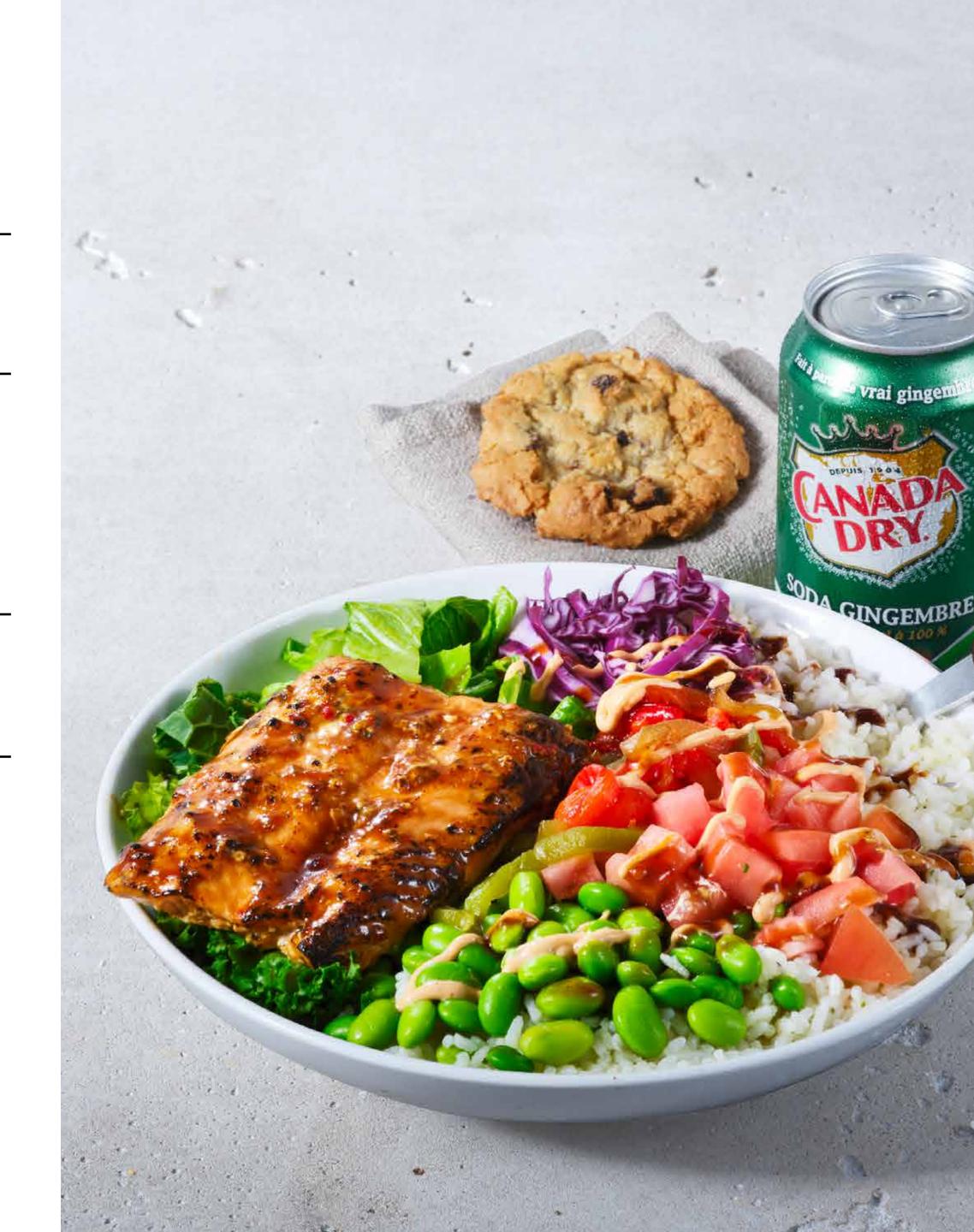
MANGO COCONUT CHICKEN \$16^{.50} | 920 Cals

Garlic rice, chicken, charred broccoli, roasted red peppers, bok choy, pineapple salsa, Thai basil, mango coconut sauce, peanuts and roasted eggplant.

MEDITERRANEAN CHICKEN *16^{.50} **950 Cals**

Chicken, couscous, chickpeas, iceberg, tomatoes, cucumber, roasted red and green peppers, olives, caramelized onion, beets, chilli oil, roasted zucchini, aioli and feta.

Adults & youths (ages 13 and older) need an average of 2000 calories a day, & children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.





Breakfast Sandwiches

BREAKFAST BAGEL *7^{.49} | **410 Cals**

Egg, ham, cheddar cheese and pesto

AVOCADO TOAST *7^{.49} | **530 Cals**

Guacamole, goat cheese, roasted peppers, sunflower seeds and romaine.

CHORIZO WRAP *8.99 | 610 Cals

Egg, chorizo, cilantro, green onion, tomatoes, arugula, chipotle sauce, Cajun spices, cheddar cheese and tortilla.

SPARTAN WRAP *8.49 | **590 Cals**

Egg, spinach, roasted red peppers, feta cheese, spinach and pesto mayo.

BREAKFAST CROISSANT *7^{.49} **440 Cals**

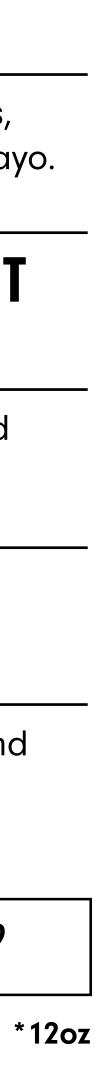
Egg, ham, Swiss cheese and mixed greens.

ENGLISH MUFFIN *5.99 | **310 Cals**

Egg, tomatoes, cheddar cheese and mayo.

ADD: FRUIT & COFFEE^{*} ^{\$}3^{.99} | FRUIT CUP & COFFEE^{*} ^{\$}5^{.29}







Omelettes

WESTERN OMELETTE \$9^{.29} | 540 Cals

Ham, peppers and red onions.

MUSHROOM GRUYÈRE ^{\$}9^{.29} | 380 Cals

Mushrooms and gruyère cheese.

MAKE YOUR OWN OMELETTE* \$9^{.29} | 300 - 500 Cals

* Choose 3 toppings. Additional toppings \$1.09

ADD: FRUIT & COFFEE^{*} \$3.99 FRUIT CUP & COFFEE^{*} \$5.29



Cold Beverages

SMOOTHIES

	S	Μ	
Mango	190	250	Cals
Pina Colada	140	200	Cals
Strawberry	170	230	Cals

ICED COFFEE

	S	Μ	
Iced Coffee	190	230	Cals

Cappuccin Salted Ca Mocha



Adults & youths (ages 13 and older) need an average of 2000 calories a day, & children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.

FRAPPÉ

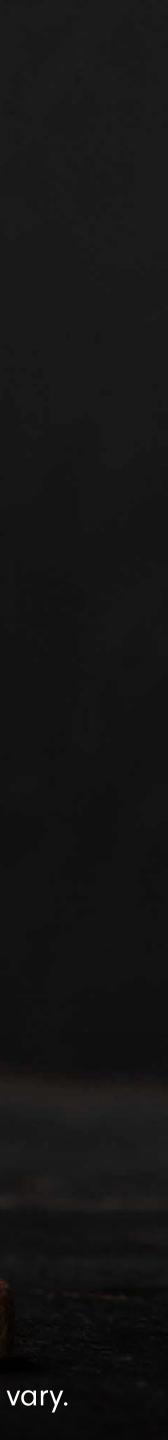
ICE	CH	ΛΙ

	S	Μ		
10	180	230	Cals	
ramel	180	230	Cals	
	190	260	Cals	

	S	Μ	
Iced Chai	190	260	Cals

ICED MATCHA

		S		
lced	Matcha	190	260	Cals



4 tot Beverages

	S	Μ	L	
COFFEE	^{\$} 2.79 0	\$2.99 0	\$3.29 0	Cals
CAFÉ LATTE	^{\$} 5.39 140	^{\$} 5.99 180	^{\$} 6.59 220	Cals
FLAVOURED LATTE Vanilla, Caramel, Chai	^{\$} 5.79 200	^{\$} 6.29 250	^{\$} 7.19 310	Cals
MATCHA LATTE	^{\$} 6.19 190	^{\$} 7.19 255	^{\$} 7.39 315	Cals
CAPPUCCINO	^{\$} 5.39 120	^{\$} 5.99 150	^{\$} 6.59 230	Cals
MOCHACCINO	^{\$} 5.99 180	^{\$} 6.99 240	^{\$} 7.19 320	Cals
HOT CHOCOLATE	^{\$} 4.39 270	^{\$} 4.89 360	^{\$} 5.39 460	Cals
LONDON FOG	^{\$} 5.99 200	^{\$} 6.99 250	^{\$} 7.19 310	Cals
TEA* * Extra Tea Bag ^{\$} 1	\$3.39 0	^{\$} 3.39 0	\$3.39 0	Cals

