



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, capicola, 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**

Soup

OF THE DAY



LARGE:

\$7.69 | 110 - 290 Cals

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.

BUILD YOUR OWN SALAD*

\$12.99 | 250 – 600 Cals

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

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.

Additional Topping: \$1.09 each

Additional 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.

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.

BUTTER CHICKEN

\$16.50 | 960 Cals

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

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 mayo.

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

*12oz



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

* 12oz

Cold Beverages

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

ICED COFFEE			
	S	M	
Iced Coffee	190	230	Cals

FRAPPÉ			
	S	M	
Cappuccino	180	230	Cals
Salted Caramel	180	230	Cals
Mocha	190	260	Cals

ICED CHAI			
	S	M	
Iced Chai	190	260	Cals

ICED MATCHA			
	S	M	
Iced Matcha	190	260	Cals



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.

Hot Beverages

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

* Extra Tea Bag \$1

