



# Sandwiches

**ADD SIDE SALAD \$4.25**

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## REUBEN

**\$10.45 | 500 Cals**

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

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## CUBAN

**\$10.45 | 430 Cals**

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

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## FIRECRACKER GRILLED CHEESE

**\$10.45 | 660 Cals**

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

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## BEYOND MEAT

**\$10.45 | 650 Cals**

Beyond Meat patty, pickles, red onion and arugula topped with Thousand Island mayo on a Everything bun.

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## MUSHROOM BANH MI

**\$10.45 | 630 Cals**

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

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## CHICKEN & BRIE

**\$10.45 | 650 Cals**

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





# Flatbreads

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## CHIPOTLE CHICKEN

**\$14.45 | 510 Cals**

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

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## BUTTER CHICKEN

**\$14.45 | 760 Cals**

Tandoori marinated chicken, makhani sauce, red peppers, caramelized onions and mozzarella cheese.

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## MUSHROOM SPEZIATA

**\$14.45 | 480 Cals**

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

**ADD SIDE SALAD \$4.25**

# Soup

## OF THE DAY



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### LARGE:

**\$9.25 | 110 - 290 Cals**

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### SMALL:

**\$7.25 | 70 - 180 Cals**



# Salad Bowls

**ADD** Boiled Egg \$1.25  
Chicken \$6.45, Salmon \$6.99

## PROTEIN POWER BOWL

**\$11.25 | 410 Cals**

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

## SWEET & BEET BOWL

**\$11.25 | 480 Cals**

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

## BUILD YOUR OWN SALAD\*

**\$11.25 | 250 – 600 Cals**

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

## QUINOA BOWL

**\$11.25 | 510 Cals**

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

## BISTRO BOWL

**\$11.25 | 470 Cals**

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

Additional Topping: \$0.79 each

Additional Premium Topping: \$1.29 each





# Hot Bowls

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## ASIAN BBQ SALMON

**\$18.95 | 780 Cals**

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

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## MANGO COCONUT CHICKEN

**\$18.95 | 920 Cals**

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

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## BUTTER CHICKEN

**\$18.95 | 960 Cals**

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

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## MEDITERRANEAN CHICKEN

**\$18.95 | 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

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## BREAKFAST BAGEL

**\$5.95 | 410 Cals**

Egg, ham, cheddar cheese and pesto mayo.

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## AVOCADO TOAST

**\$6.65 | 530 Cals**

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

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## ENGLISH MUFFIN

**\$4.79 | 310 Cals**

Egg, tomatoes, cheddar cheese and mayo.

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## SPARTAN WRAP

**\$6.25 | 590 Cals**

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

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## BREAKFAST CROISSANT

**\$6.25 | 440 Cals**

Egg, ham, Swiss cheese and mixed greens.





# Omelettes

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## WESTERN OMELETTE

**\$8.95 | 540 Cals**

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Ham, peppers and red onions.

## MUSHROOM GRUYÈRE

**\$8.95 | 380 Cals**

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Mushrooms and gruyère cheese.

## MAKE YOUR OWN OMELETTE\*

**\$8.95 | 300 - 500 Cals**

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\* Choose 3 toppings. Additional toppings 79¢.



# 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



S: \$5.85  
M: \$6.25



S: \$3.45  
M: \$3.95



S: \$5.89  
M: \$6.69



S: \$4.75  
M: \$5.45



S: \$5.89  
M: \$6.69



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# Hot Beverages

	S	M	L	
<b>COFFEE</b>	\$2.65	\$2.95	\$3.45	
	0	0	0	Cals
<b>CAFÉ LATTE</b>	\$4.75	\$5.25	\$5.65	
	140	180	220	Cals
<b>FLAVOURED LATTE</b>	\$5.45	\$5.85	\$6.35	
Vanilla, Caramel, Chai	200	250	310	Cals
<b>MATCHA LATTE</b>	\$5.35	\$5.85	\$6.35	
	190	255	315	Cals
<b>CAPPUCCINO</b>	\$4.75	\$5.25	\$5.65	
	120	150	230	Cals
<b>MOCHACCINO</b>	\$5.45	\$5.85	\$6.35	
	180	240	320	Cals
<b>HOT CHOCOLATE</b>	\$4.45	\$4.65	\$4.95	
	270	360	460	Cals
<b>LONDON FOG</b>	\$5.45	\$5.85	\$6.35	
	200	250	310	Cals
<b>TEA*</b>	\$2.95	\$3.25	\$3.75	
	0	0	0	Cals

\* Extra Tea Bag \$1





TRY OUR  
**SIGNATURE DRINKS**

**BLUE RASPBERRY  
DREAM FRAPPÉ**

**\$5.89**

12 oz



**STRAWBERRIES  
& CREAM FRAPPÉ**

**\$5.89**

12 oz



**ICED BANANA  
MATCHA**

**\$5.69**

12 oz



**HOT HONEY  
LEMONADE**

**\$4.99**

12 oz



**LAVENDER  
WHITE CHOCOLATE  
ICED LATTE**

**\$5.69**

12 oz





# Dip. Bite. Delight.

**GRILLED CHEESE  
+ SMALL SOUP**

**THE PERFECT PAIRING**

**\$16.25**

