



Sandwiches

REUBEN

\$10.95 | 500 Cals

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

CUBAN

\$10.95 | 430 Cals

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

CHICKEN & BRIE

\$10.95 | 650 Cals

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

BEYOND MEAT

\$10.95 | 650 Cals

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

MUSHROOM BANH MI

\$10.95 | 630 Cals

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

Grilled Cheese Sandwiches

KIMCHI MUSHROOM

\$10.95 | 750 Cals

Kimchi, roasted mushrooms, sesame oil, honey, cheddar cheese & mozerella on Tuscan bread.

FIG & GOAT CHEESE

\$10.95 | 660 Cals

Fig jam, walnuts, goat cheese & cheddar cheese on Tuscan bread.

FIRECRACKER

\$10.95 | 770 Cals

Corn, green peppers, artichokes, spinach, jalapeño, green onion & cheddar on multigrain sunflower bread.



Focaccia Hero Sandwiches

HABANERO CHICKEN SHAWARMA

\$12.75 | 930 Cals Half: \$8.24 | 465 Cals

Shawarma-spiced chicken, pickled onions & turnips, dill pickles, with habanero mayo on a focaccia bun.

CRISPY EGGPLANT

\$12.75 | 740 Cals Half: \$8.24 | 370 Cals

Crispy eggplant, fresh arugula, pickled onion, balsamic glaze, with garlic aioli on a focaccia bun.

SWEET HEAT CHICKEN BACON

\$13.75 | 950 Cals Half: \$8.45 | 475 Cals

Sweet and spicy chicken with crispy bacon, swiss cheese, jalapeños, crispy onions, fresh arugula, with garlic aioli on a focaccia bun.



Flatbreads

CHIPOTLE CHICKEN

\$14.45 | 510 Cals

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

BUTTER CHICKEN

\$14.45 | 760 Cals

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

MUSHROOM SPEZIATA

\$14.45 | 480 Cals

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

Soup

OF THE DAY



LARGE:

\$9.99 | 110 - 290 Cals

SMALL:

\$7.59 | 70 - 180 Cals

Salad Bowls

ADD Boiled Egg \$1.49
Chicken \$6.75, Salmon \$7.49

PROTEIN POWER BOWL

\$11.45 | 410 Cals

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

SWEET & BEET BOWL

\$11.45 | 480 Cals

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

BUILD YOUR OWN SALAD*

\$11.45 | 250 – 600 Cals

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

QUINOA BOWL

\$11.45 | 510 Cals

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

BISTRO BOWL

\$11.45 | 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

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.

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.

BUTTER CHICKEN

\$18.95 | 960 Cals

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

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

\$5.95 | 410 Cals

Egg, ham, cheddar cheese and pesto mayo.

AVOCADO TOAST

\$6.75 | 530 Cals

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

ENGLISH MUFFIN

\$4.95 | 310 Cals

Egg, tomatoes, cheddar cheese and mayo.

SPARTAN WRAP

\$6.45 | 590 Cals

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

BREAKFAST CROISSANT

\$6.45 | 440 Cals

Egg, ham, Swiss cheese and mixed greens.



Omelettes

WESTERN OMELETTE

\$8.95 | 540 Cals

Ham, peppers and red onions.

MUSHROOM GRUYÈRE

\$8.95 | 380 Cals

Mushrooms and gruyère cheese.

MAKE YOUR OWN OMELETTE*

\$8.95 | 300 - 500 Cals

* 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: \$6.05
M: \$6.55



S: \$3.65
M: \$4.15



S: \$5.95
M: \$6.95



S: \$4.95
M: \$5.65



S: \$6.10
M: \$6.95



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 | \$2.75 | \$2.95 | \$3.45 | |
| | 0 | 0 | 0 | Cals |
| CAFÉ LATTE | \$4.85 | \$5.35 | \$5.75 | |
| | 140 | 180 | 220 | Cals |
| FLAVOURED LATTE | \$5.55 | \$5.95 | \$6.45 | |
| Vanilla, Caramel, Chai | 200 | 250 | 310 | Cals |
| MATCHA LATTE | \$5.45 | \$5.95 | \$6.45 | |
| | 190 | 255 | 315 | Cals |
| CAPPUCCINO | \$4.85 | \$5.35 | \$5.75 | |
| | 120 | 150 | 230 | Cals |
| MOCHACCINO | \$5.55 | \$5.95 | \$6.45 | |
| | 180 | 240 | 320 | Cals |
| HOT CHOCOLATE | \$4.55 | \$4.75 | \$5.05 | |
| | 270 | 360 | 460 | Cals |
| LONDON FOG | \$5.55 | \$5.95 | \$6.45 | |
| | 200 | 250 | 310 | Cals |
| TEA* | \$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**

\$5.85
12 oz



**HOT HONEY
LEMONADE**

\$4.99
12 oz



**LAVENDER
WHITE CHOCOLATE
ICED LATTE**

\$5.85
12 oz

