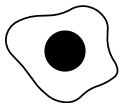


MENU



BREAKFAST WRAPS

Half wrap 15% off regular price

Breakfast Club Wrap \$ 8.99
Egg, bacon, lettuce, tomato, cheese, mayo

Breakfast Veggie Wrap \$ 8.69
Egg, lettuce, tomato, peppers, red onion, cheese, mayo

Breakfast Spinach Wrap \$ 8.69
Egg, spinach, tomato, cheese, mayo

Banana Wrap \$ 6.69
Peanut butter, nutella, banana



SALADS

Small \$ 6.99 - Large \$ 8.99 - Add chicken + \$3 - \$4

Classic Greek
Lettuce, spinach, tomatoes, black olives, cucumber, onions, feta cheese, greek dressing

Classic Garden
Lettuce, spinach, tomatoes, peppers, onions, cucumbers, roasted seeds, cranberries and balsamic dressing

Caesar
Spinach, lettuce, parmesan, croutons, bacon, caesar dressing



WRAPS

Half wrap 15% off regular price
Add hot sauce

Avocado Chicken Wrap \$ 9.69
Chicken, guacamole, spinach, lettuce, tomato, cheese, ranch

Club Wrap \$ 9.69
Chicken, bacon, lettuce, tomato, cheese, mayo

Grilled Chicken Wrap \$ 8.99
Chicken, lettuce, tomato, peppers, red onion, cheese, ranch

BLT Wrap \$ 8.99
Bacon, lettuce, tomato, mayo

Veggie Wrap \$ 8.69
Lettuce, tomato, peppers, red onion, cheese, ranch

Caesar Crunch Wrap \$ 9.69
Parmesan, lettuce, spinach, croutons, caesar dressing, bacon, chicken

BREAKFAST BAGELS

On plain, sesame or everything
Gluten Free + \$ 1.60

Breakfast Club Bagel \$ 8.99
Egg, bacon, lettuce, tomato, cheese, mayo

Breakfast Ham & Swiss Bagel \$ 8.99
Egg, ham, swiss, lettuce, tomato, mayo

BLT Bagel \$ 8.69
Bacon, lettuce, tomato, mayo

PRETZELS

Salted Bavarian, Nutella, Cinnamon & Sugar, Italian Parmesan \$ 8.75

QUESADILLAS

Gluten Free + \$ 1.60

Chicken Quesadilla \$ 11.99
Chicken, peppers, tomato, red onion, cheese

Veggie Quesadilla \$ 11.25
Peppers, tomato, red onion, cheese

PANINIS

On Ciabatta
Gluten Free + \$ 1.60

Bacon Panini \$ 11.99
Bacon, tomato, cheddar, side of salsa

Spinach Panini \$ 9.99
Spinach, tomato, black olives, cheddar, side of greek feta

Ham & Swiss Panini \$ 10.69
Ham, swiss, tomato, side of mayo

Spicy Guacamole Panini \$ 11.99
Guacamole, hot antipasto, bacon, tomato, cheddar, side of sour cream

MENU



ESPRESSO BAR

Espresso Shot	\$ 2.95	\$ 3.25	
Espresso Coffee	\$ 3.25	\$ 3.45	\$ 3.95
Cappuccino	\$ 4.65	\$ 4.95	\$ 5.45
Americano	\$ 4.15	\$ 5.14	\$ 5.59
Café Latté	\$ 4.65	\$ 4.95	\$ 5.45
Flavoured Latté	\$ 6.16	\$ 6.72	\$ 7.06
Latté on ice	\$ 4.65	\$ 4.95	\$ 5.45
Drip Coffee	\$ 2.75	\$ 2.95	\$ 3.45
White or Caramel Iced Latté		\$ 6.25	\$ 6.55



HOT BLENDS



TEA

SML: \$ 4.95 - MED: \$ 5.45 - LRG: \$ 5.95

Caramel Mocha
White Chocolate Mocha
French Vanilla
Hot Cocoa
Mocha
Mochanut
Chai Latté
Low Carb Chai Latté

Regular Tea	\$ 2.65	\$ 2.95	\$ 3.45
Tea on ice		\$ 2.95	\$ 3.45
London Fog	\$ 4.50	\$ 4.95	\$ 5.25
Vanilla Bean Tea Latté	\$ 4.50	\$ 4.95	\$ 5.25
Matcha		\$ 5.45	
Flavoured Matcha (vanilla or maple)		\$ 5.85	

ASK OUR SERVERS FOR A COMPLETE LIST OF TEAS!



PASTRIES

Belgian Waffles	Muffins	Scones	Overnight Oats
Cinnamon Roll	Cookies	Banana Bread	Energy Balls

MENU



FRUIT SMOOTHIES

SML: \$ 6.99 - MED: \$ 7.99 - LRG: \$ 8.99

- Ambrosia:** pineapple, peach, orange, banana, vanilla
- Blueberry Banana**
- Canadian Sunset:** strawberry, orange, banana
- Coco Loco:** pineapple, banana, coconut
- Four Berry Fusion:** mixed berries, banana
- Germany:** pineapple, strawberry, redbull, banana
- Japan:** lemonade, raspberry, banana
- Mexico:** peach, mango, orange, pineapple, banana
- Princess Peach:** peach, raspberry, banana
- Strawberry Banana**
- Strawberry Mango:** banana
- Strawberry Twister:** vanilla
- Sunrise:** strawberry, banana, orange, pineapple
- Tropical Oasis:** mango, orange, banana
- USA:** mixed berries, apple, banana

OUR SMOOTHIES CONTAIN DAIRY!
ALTERNATIVES: ALMOND, COCONUT, OAT, LACTOSE FREE

PROTEIN SMOOTHIES

LRG only - \$ 9.69

- Ambrosia:** pineapple, peach, orange, banana, vanilla
- Big Sexy:** strawberry, banana, vanilla
- Gladiator:** mango, banana
- Cold Warrior:** mixed berries, orange, cinnamon
- Fit Nut:** water, almonds, mocha, banana
- Flax & Chia:** mango, banana, flax, chia
- Iron Man:** strawberry, banana
- Low Carb \ High Protein:** mixed berries, water
- Reload Athlete:** peach, strawberry, banana, orange, pineapple
- Recovery:** Blueberry, banana, almonds, honey
- Stress Buster:** strawberry, banana, pineapple
- Sunshine:** mango, lemonade, orange, pineapple, banana
- The Hulk:** spinach, mango, pineapple, orange, banana

ALL SMOOTHIES CONTAIN WHEY PROTEIN!
ALTERNATIVE: PLANT-BASED PROTEIN



SUPERFOOD SMOOTHIES

LRG only - \$ 9.99

- Chocolate Chia**
almond milk, cocoa, chia, dates, spinach, honey, banana
- Chocolate Avocado**
almond milk, cocoa, avocado, hemp hearts, banana, honey, whey protein
- Protein +**
almond milk, cocoa, banana, cinnamon, honey, oats, almond butter, whey protein
- Blueberry Butterfly**
almond milk, blueberry, banana, dates, almonds, butterfly pea powder, cinnamon

FRAPPÉS

SML: \$ 6.99 - MED: \$ 7.99 - LRG: \$ 8.99

- Arctic Chai
- Oreo Vanilla
- Oreo Mocha
- Mocha
- Banana Mocha
- Chocolate
- Chocolate Banana
- Chocolate Peanut Butter
- Vanilla Bean



ADD-IN TO ANY COLD DRINK

\$ 1.00 to \$ 1.25

- | | | |
|-------------|---------------|-----------------------|
| Hemp Hearts | Almonds | Extra Protein |
| Chia Seeds | Almond Butter | Peanut Butter |
| Flax Seeds | Oats | Fruit Popping Bubbles |
| Spinach | Soy Protein | |