



Coffee & Tea

	8 oz	12 oz	16 oz
Regular Coffee/Dark Roast	2.30	2.70	3.10
Americano	2.90	3.65	4.40
Hot Chocolate	3.60	4.60	5.60

	Single	Double
Espresso	2.70	3.30
Espresso Machiatto	2.95	3.80
Cortado	3.20	4.20
Extra Espresso Shot \$ 1.00		

	8 oz	12 oz	16 oz
Matcha Latte		5.15	6.15
Flat White	5.05		
Cappuccino	3.80	4.80	
Mochaccino		6.25	6.70
Latte		4.15	5.15
Chai Latte/ London F		4.35	5.35
Cafe Au Lait		3.15	4.15
Pluck Tea		2.85	3.15

- Masala Chai / Ginger Snap**
- Earl Gray Cream / English Breakfast**
- Fields of Green / Harvest Mint**
- Orange Pekoe/ Ctrl+Alt+Del**

Specialty Drinks	12 oz	16 oz
Winter Drinks	5.99	6.99
Campfire Hot Choco/Holiday Latte		
Orange Apple Cider		

Milk Options

Homogenized Milk-3.5%	0.00
2% Milk	0.00
10% Cream	0.00
Lactose Free	0.50
Skim Milk	0.50
Soy Milk	0.50
Almond Milk	0.50
Oat Milk	0.50

Flavoured Shots

Toasted Marshmallow	0.60
Caramel	0.60
Hazelnut	0.60
Vanilla	0.60
Caramel Sugar Free	0.60
Vanilla Sugar Free	0.60

Sauce Options

Dutched Chocolate	0.90
White Chocolate	0.90
Classic Caramel	0.90



All Day

Croissant	3.99
Muffin	3.99
Danish	4.50
Chocolate Croissant	4.50
Chocolate almond croissant	4.50
Bostock	4.50
Muffin [GF]	4.00
Donut [GF]	4.99
Cookie [GF]	4.99
Coffee Cake :	
Banana Loaf	3.99
Lemon Poppy Seed Loaf	3.99
Bagel	4.00
Served with Cream Cheese	
Yogurt Parfait	4.00
Fruit Cup	4.00
Cookies	3.75

Breakfast Only

Breakfast Beyond Meat Sandwich [VG]	8.00
English Muffin, Beyond Meat Vegetable Patty, Egg, Cheddar Cheese	
Breakfast Sandwich	6.99
English Muffin, Egg, Bacon, Sausage, Cheddar Cheese & Chive	
Breakfast Wrap	7.50
Scrambled Eggs, Cheddar, Black Beans, Garbanzo Beans, Hashbrown, Chives	
Belgian Waffles [V]	15.99
Monday to Friday 7:00 AM -10:00 AM Weekends 8:00 AM - 1:00 PM Fresh Berries, Whipped Cream Nutella Chocolate Ganache	
Eggs Benedict	15.99
Monday to Friday 7:00 AM -10:00 AM Weekends 8:00 AM - 1:00 PM Mushrooms, Spinach, Poached Eggs, English Muffin with Hollandaise Sauce	
Classic Ham Benedict	16.99
Monday to Friday 7:00 AM -10:00 AM Weekends 8:00 AM - 1:00 PM Mushrooms, Poached Eggs, English Muffin with Hollandaise Sauce	

Lunch

SALADS

Caesar Salad	19.00
Romaine Hearts, Croutons, Bacon with 4 oz Chicken Breast	
Summer Green Salad	13.99
Summer Greens, Dried Apricots, Almonds, Carrots, Lemon Dressing	
Chopped Salad	12.99
Garbanzo beans, Red Onions, Tomato, Cucumber, Cumin, Lemon Dressing	
Quinoa Salad	8.99
Onions, Bell Peppers, Herbs, Lemon Dressing	

Sandwiches

Turkey Wrap	9.99
Brie Cheese and Cranberry Relish	
Tuna Sandwich	11.99
Sourdough, Onions, Carrots, Celery, Mayonnaise	
Ham & Cheese	8.50
Croissant, Lettuce, Tomato, Cheddar Cheese, Aioli	
Chicken Caesar Wrap	9.99
Grilled Chicken, Reggiano, Romaine Hearts in a Caesar Dressing	
Turkey Cranberry Sandwich	9.99
Smoke Cheddar, Sage Aioli, Rosemary Apple Compote	
Roasted Vegetable Panini	12.95
Hot Italian Aioli, Focaccia	
Lamb and Beef Pita	14.50
Onions, Peppers, Arugula in a Roast Garlic Aioli	
Roast Beef	14.50
Demi Baguette, Peppers, Caramelized Onion Jam, Mustard & Horseradish Aioli	
Grilled Chicken Panini	13.50
Tomato, Provolone, Panini-Bread Basil Aioli	
Chicken Tikka Wrap	13.00
Spiced Mint & Cilantro Aioli, Onions, Bell Peppers (Contains Dairy & Gluten)	

Wine Bar

Pecorino & Cured Tomatoes	9.00
Pickled Vegetables	10.00
House Olives	9.00
Cheese Board	30.00
Selection of three cheeses locally sourced from 100km Foods	
Salumi Board	32.00
Selection of three cured meats locally sourced from 100km Foods	