



Coffee & Tea

	8 oz	12 oz	16 oz
Medium/Dark Roast	2.45	2.85	3.25
Americano	2.95	3.95	4.50
Hot Chocolate	3.85	4.85	5.85

	Single	Double
Espresso	2.75	3.60
Espresso Machiatto	2.95	3.80
Cortado	3.10	4.10
Extra Espresso Shot \$ 1.00		

	8 oz	12 oz	16 oz
Flat White	5.05		
Cappuccino	3.95	4.95	
Latte		4.25	5.25
Cafe Au Lait		4.15	5.15
Mochaccino		6.25	6.70
Tea Latte: Fog/Chai		4.35	5.35
Matcha Latte		5.15	6.15
Pluck Tea		2.95	3.30

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
Seasonal Drinks	5.99	6.99
Campfire Hot Choco/Seasonal Latte		
Orange Apple Cider		

ALL ICED DRINKS IN 16oz

MILK OPTIONS

3.25%/2%	0.00
Skim Milk	0.00
10% Cream	0.00
Lactose Free	0.50
Almond Milk	0.50
Oat Milk	0.50
Soy Milk	0.50

Flavoured Shots

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

Sauce Options

Dark/White Chocolate	0.90
Caramel	0.90



All Day

Muffin	3.99
Plain/Cheese Croissant	3.99
Pain Au Chocolat	4.50
Almond Chocolate Croissant	4.50
Apricot/Pineapple Danish	4.50
Bostock	4.50
Cookies - Chocolate/Caramel Choco	3.75
Muffin [GF]	4.00
Donut [GF]	4.99
Cookie [GF]	4.99
Loaf:	
Banana/Iced Lemon	3.99
Pumpkin Chocolate Chip (VEGAN)	3.99
Bagel	4.00
w/ Cream Cheese/Peanut Butter/Jam	
Yogurt Parfait	4.00
Fruit Cup	4.00

Lunch

SALADS

Beet Bliss	10.99
Ontario Beets, Chickpeas, Kale, Quinoa Feta cheese & Pistachios with Honey Vinaigrette Dressing	
Patagonia Power	11.99
w/ Herb Roasted Chicken Purple Potatoes, Quinoa, Kale, Feta Cheese with Chimichurri Dressing	
Silk Road VEGAN	10.99
w/ Chili Marinated Tofu Edamame, Red Cabbage, Kale, Radish Brown Rice w/ Ginger Soy Dressing	
Spanish Revival	11.99
Red Peppers, Artichokes, Tomatoes Olives, Almonds, Manchego Cheese, Kale & Arugula w/ Saffron Vinaigrette	

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	

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	

Sandwiches

Chicken Caesar Wrap	9.99
Grilled Chicken, Reggiano, Romaine Hearts in Caesar Dressing	
Chicken & Cheese	8.50
Chicken in a Croissant, Lettuce, Tomato, Cheddar Cheese, Aioli	
Turkey Cranberry Sandwich	9.99
Turkey Slices, Smoke Cheddar, Rosemary Apple Compote & Sage Aioli	
Turkey Wrap	9.99
Turkey Slices, Brie Cheese w/ Cranberry Relish	
Albacore Tuna Sandwich	11.99
Tuna in Sourdough, Onions, Carrots, Celery w/ Aioli	
Chicken Sandwich	14.99
Spiced Sliced Chicken in Ciabatta, Tomatoes with Bomba Aioli	
Ham and Cheese	15.99
Ham in Focaccia, Pickles, Swiss Cheese w/ Honey Mustard Sauce	
Italian Sandwich	15.99
Pizza Bianca, Capicola, Coppa, Mortadella Provolone Cheese w/ Pesto Aioli	
Reuben Sandwich	15.99
Smoked Meat in Rye Bread, Swiss Cheese, Sauerkraut, Pickles w/ Horseradish Mustard	
Veggie Sandwich w/ Swiss Cheese	15.99
in Panini Bread w/ Roasted Peppers, Onions Zucchini, Eggplant and Pesto Aioli	



Rise and Shine

Breakfast Menu

AVAILABLE WEEKDAYS 7 AM - 11 AM
& WEEKENDS 8 AM - 1 PM

Healthy Bowl \$19.00

Pumpkin Seeds, Chia Seeds, Yogurt, Fresh Berries, Granola

Avocado Toast \$14.99

Sourdough, One Fried Egg, Grape Tomatoes, Radish

Waffles \$17.99

Belgian Waffles, Seasonal Fruit, Whipped Cream, Chocolate Ganache, Berry Compote

Pancakes \$17.99

Dulce de Leche, Whipped Cream, Maple Syrup, Sterling Creamery Butter, Berry Compote

Classic Ham Benedict \$16.99

Butter English Muffin, Poached Homestead Farm Eggs, Ham, Mushrooms, Hollandaise Sauce

Eggs Benedict \$15.99

Butter English Muffin, Poached Homestead Farm Eggs, Spinach, Mushrooms, Hollandaise Sauce

One King Breakfast \$19.99

Three Homestead Farm Egg Omelette, Two Pork Sausage, Two Bacon, Hashbrowns, Sourdough Toast

Open Faced Breakfast Sandwich \$18.99

Toasted Sourdough, Sterling Butter, Two Fried Eggs, Bacon, Ham, Hashbrown