



Coffee & Tea

	8 oz	12 oz	16 oz
Regular Coffee/Dark Roast	2.10	2.50	2.90
Americano	2.75	3.50	4.25
Hot Chocolate	3.45	4.45	5.45

	Single	Double
Espresso	2.50	3.10
Espresso Machiatto	2.75	3.60
Cortado	2.95	3.95
Extra Espresso Shot \$ 1.00		

	8 oz	12 oz	16 oz
Matcha Latte		5.05	6.05
Flat White	4.40		
Cappuccino	3.50	4.50	
Mochaccino		5.95	6.45
Latte		3.85	4.85
Chai Latte		4.15	5.15
London Fog		4.15	5.15
Pluck Tea		2.75	3.10
Earl Gray Cream			
English Breakfast			
Masala Chai			
Fields of Green			
Harvest Mint			
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Cold Drinks		16 oz
Iced Latte		5.00
Iced Frappuccino		6.99
Cold Brew		3.35

Milk Options		Flavoured Shots	
Homogenized Milk-3.5%	0.00	Toasted Marshmallow	0.50
2% Milk	0.00	Caramel	0.50
10% Cream	0.00	Hazelnut	0.50
Lactose Free	0.50	Vanilla	0.50
Skim Milk	0.50	Caramel Sugar Free	0.50
Soy Milk	0.50	Vanilla Sugar Free	0.50
Almond Milk	0.50		
Oat Milk	0.50	Sauce Options	
		Dutched Chocolate	0.80
		White Chocolate	0.80
		Classic Caramel	0.80



All Day

Croissant	3.10
Muffin	3.50
Danish	4.10
Chocolate Croissant	3.60
Chocolate almond croissant	4.10
Bostock	4.10
Muffin [Gluten Friendly]	4.00
Donut [Gluten Friendly]	4.99
Cookie [Gluten Friendly]	4.99
Coffee Cake :	
Banana Cream Cheese Loaf	3.50
Lemon Poppy Seed Loaf	3.50
Bagel	4.00
Served with Cream Cheese	
Yogurt Parfait	3.50
Fruit Cup	3.50
Cookies	3.50

Lunch

SALADS

Quinoa & Tempeh Salad Bowl [Vegan]	12.99
Organic Tempeh, Marinated Artichokes, Mushrooms, Eggplant, Peppers, Kale, Sundried Baby Tomatoes, Enoki.	
Summer Salad [Vegan]	11.50
Summer Greens, Shaved Radish, Fennel, Edamame, Julienne Carrots in Balsamic Dressing	
Caesar Salad	11.50
Romaine Hearts, Croutons, Bacon in Caesar Dressing	

Wine Bar

Pecorino & Cured Tomatoes	8.00
Pickled Vegetables	9.00
House Olives	8.00
Cheese Board	27.00
3yr aged Mountain Oak Gouda, 5yr Ontario Aged Cheddar, House Brie, Hockley honey, Pickled Vegetables, Crostini, EVOO & Saba	
Salumi Board	28.00
Ontario Prosciutto, Chobai Mild, Soppressata, Hockley Honey, Pickled Vegetables, Crostini, Evoo & Saba	

Breakfast Only

Breakfast Beyond Meat Sandwich [V]	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]	14.99
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	14.99
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	15.99
Monday to Friday 7:00 AM -10:00 AM Weekends 8:00 AM - 1:00 PM Mushrooms, Poached Eggs, English Muffin with Hollandaise Sauce	

Soups

Soup Du Jour	6.00
(Chefs Choice Daily Soup)	

Sandwiches

Smoke Kolapore Trout	12.99
Sourdough, Swiss Cheese in Fresh Dill & Taragon Aioli	
Ham & Cheese	7.99
Croissant, Lettuce, Tomato, Cheddar Cheese, Aioli	
Heirloom Tomato & Fior Di Latte [V]	12.00
Black Olive Panini, Fire Roasted Peppers, Bomba Aioli	
Lamb and Beef Pita	13.50
Onions, Peppers, & Arugula in a Roast Garlic Aioli	
Turkey & Cranberry	7.99
Croissant, Turkey, Swiss Cheese, Arugula in a Cranberry Aioli	
Chicken Caesar Wrap	9.99
Grilled Chicken, Reggiano, Romaine Hearts in Caesar Dressing	
Roast Beef	13.50
Demi Baguette, Peppers, Caramelized Onion Jam, Mustard & Horseradish Aioli	
Grilled Chicken Panini	12.50
Whole Grain Panini, Tomato, Provolone Basil Aioli	