



All Day

Breakfast Only

Croissant	3.00
Muffin	3.50
Danish	4.00
Chocolate Croissant	3.50
Chocolate almond croissant	4.00
Bostock	4.00
Muffin	4.00
GF option available	
Donut	4.99
GF option available	
Cookie GF	4.99
Nanaimo Bar	2.99
Coffee cake Loaf banana cream	3.50
Bagel	4.00
Served with cream cheese	
Lemon Poppy Loaf	3.50
Yogurt Parfait	3.00
Fruit Cup	3.00
Cookies	3.00

Lunch

SALADS

Caesar Salad	10.99
Romaine hearts, croutons, Bacon, Caesar dressing	
Mixed Greens	10.99
Mixed Greens, Mango, Hearts of Palm, Couscous Cranberry, Lemon Dressing	
Fall Harvest Salad	10.99
Mixed Fall Greens, Pickled Beets, Goat Cheese, Crushed Walnuts in a Lemon Vinaigrette	

Sandwiches

Focaccia	10.50
Cured tomato, Artichoke, Marinated Cipollini, Reggiano, Pesto Aioli	
Ham & Cheese	10.50
Iceberg Lettuce, Aged Cheddar, Potato Scallion Bun in Mustard Aioli	
Mortadella Focaccia	10.99
Arugula, Tomatoes, Mortadella, Reggiano in a Bomba Aioli	
Veg Sandwich GF	11.99
Cured Tomato, Artichoke, Marinated Cipollini, Reggiano, Pesto Aioli	
Chicken Caesar wrap	10.99
Grilled Chicken, Romaine Hearts, Reggiano, Caesar Dressing	
Panini Press	11.99
Peppers, Onions, Roast Beef, Caramelized Onion Jam, Horseradish Aioli	
Lamb Pita	12.99
Lamb, Onions, Peppers, Arugula in a Roasted Garlic Aioli	

Breakfast Beyond Meat Sandwich	8.00
English Muffin, Beyond Meat Vegetable Patty, Egg, Cheddar Cheese	
Breakfast Sandwich	6.50
English Muffin, Egg, Bacon, Cheddar Sausage, Cheese & Chive	
Breakfast Wrap	6.99
Scrambled Eggs, Black Beans, Garbanzo Beans, Hashbrown, Shar Cheddar, Chives	
Eggs Benedict	14.00
Mushrooms, Spinach, Poached Eggs, English Muffin in Hollandaise Sauce	
Classic Ham Benedict	15.00
Mushrooms, Poached Eggs, English Muffin in Hollandaise Sauce	

Soups

Soup Du Jour	6.00
(Chefs Choice Daily Soup)	

Mortadella Focaccia



Wine Bar

2:00 P. M. - 5:00 P. M.

Pecorino & cured tomatoes	8.00
Pickled Vegetables	9.00
House Olives	8.00
Antipasto di Mare	14.00
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	
Tiffin Box	29.00
Antipasto de Mare, Olives, Pickled	

Vegetables

Caesar Salad





Coffee & Tea

Regular Coffee

8 oz	1.95
12 oz	2.30
16 oz	2.65

Pluck Tea

Earl Gray Cream	2.75
English Breakfast	2.75
Masala Chai	2.75
Fields of Green	2.75
Harvest Mint	2.75
Ctrl Alt Del	2.75

Espresso

Single	2.25
Double	3.00

Espresso Machiatto

Single	2.25
Double	3.40

Cortado

Single	2.25
Double	3.40

Americano

8 oz single espresso	2.50
12 oz double espresso	3.25

Cappuccino

8 oz	3.25
12 oz	4.25

Latte

12 oz	3.60
16 oz	4.60

EXTRA SHOT \$0.95

Flavoured Cappuccino

8 oz	3.50
12 oz	4.75

Flavoured Latte

12 oz	3.85
16 oz	5.10

EXTRA FLAVOURED SHOT \$1.00

Hot Chocolate

8 oz	3.25
12 oz	5.25
16 oz	5.25

Flavoured Hot Chocolate

8 oz	3.50
12 oz	4.25
16 oz	5.25

Mochaccino

8 oz	4.95
12 oz	5.95

Chai Latte

8 oz	2.95
12 oz	3.95
16 oz	4.95



Cappuccino

Milk / Milk Alternatives

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

Syrup Options

Toasted Marshmallow	0.30
Caramel	0.30
Hazelnut	0.30
Vanilla	0.30
Caramel Sugar Free	0.30
Vanilla Sugar Free	0.30

Sauce options

Dutched Chocolate Sauce	0.80
White Chocolate Sauce	0.80
Classic Caramel	0.80



Hot Chocolate



Beverages

Retail Items

Pluck Tea

Earl Gray Cream	5.95
Fields of Green	5.95
Ctrl Alt Del	5.95

Black River Juices

Classic Lemonade 300ml	3.00
Apple + Mango 300ml	3.00
Pure Orange Juice 300ml	3.00
Pure Red Grapefruit Juice 300ml	3.00

Phat Tea

Heirloom Peach Iced Tea	3.49
Sicialian Lemon Iced Tea	3.49
Mango Splash Sparkling Iced Tea	3.49
Raspberry Refresh Sparkling Iced Tea	3.49

Sapsucker

The Orange One	3.00
The Grapefruit One	3.00
The Lemon One	3.00
The Lime One	3.00
The Original One	3.00

Sheldon Creek

Chocolate Milk	3.50
Whole Milk	3.50
Yogurt Mango	3.50
Yogurt Peach	3.50

Golden Hour

Peach Ginger Collagen Sparkling Water	5.50
Strawberry Mint Collagen Sparkling Water	5.50
Grapefruit Cucumber Collagen Sparkling Water	5.50

Flow Water

Flow Water OG - Original	2.00
Flow Water Cucumber + Mint	2.10
Flow Water Peach + Blueberries	2.10
Flow Water Pomegrenate Collagen	4.00
Flow Water Watermelon Collagen	4.00

Ruffino Coffee

King Brew - Medium Roast 340gm	13.00
King Dark Brew - Dark Roast 340gm	13.00

Boylan Soda

Root Beer	2.50
Orange Soda	2.50
Ginger Ale	2.50
Diet Coke	2.50
Cola	2.50

Juice Concepts

Natural Energy Boost	4.50
Mango, Banana, Orange, Spinach Smoothie	4.50
Turmeric Elixir	4.50
Fresh Orange juice	4.50

Tonica Kombucha

Ginger	4.00
Peach	4.00
Goji Grapefruit	4.00
Blueberry	4.00

Wines

Frankland Estate Rocky Gully Shiraz	38.00
Finca Agostino Malbec	38.00
Luc Baudet Cotes Du Rhone	38.00
Borgo Scopeto Chianti	38.00
Monteci Valpolicella	32.00
Botter Appassimento Puglia Rosso	32.00
IGT	
Sargent Canyon Cabernet Sauvignon, California	36.00
William Wright Pinot Noir, Monterey	38.00

