



# Coffee & Tea

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

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

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

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

<b>Specialty Drinks</b>	12 oz	16 oz
<b>Seasonal Drinks (COLD IN 16 oz)</b>	5.75	6.25
Sunshine Sizzle Latte		
Golden Sunset Latte		
<b>Iced Tea Coolers</b>		6.55
Sunset Citrus.Tropical Berry.Summer Orchard		

<b>Frappes/Blended Matcha</b>	6.99
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## 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
<b>Sauce Options</b>	
Dark/White Chocolate	0.90
Caramel	0.90



## All Day

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

## Lunch

### SALADS

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

## Wine Bar

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

## Breakfast Only

<b>Breakfast Beyond Meat Sandwich [V]</b>	<b>8.00</b>
English Muffin, Beyond Meat Vegetable Patty, Egg, Cheddar Cheese	
<b>Breakfast Sandwich</b>	<b>6.99</b>
English Muffin, Egg, Bacon, Sausage, Cheddar Cheese & Chive	
<b>Breakfast Wrap</b>	<b>7.50</b>
Scrambled Eggs, Cheddar, Black Beans, Garbanzo Beans, Hashbrown, Chives	
<b>Belgian Waffles [V]</b>	<b>17.99</b>
Monday to Friday 7:00 AM - 11:00 AM Weekends 8:00 AM - 1:00 PM Fresh Berries, Whipped Cream Nutella Chocolate Ganache	
<b>Eggs Benedict</b>	<b>15.99</b>
Monday to Friday 7:00 AM - 11:00 AM Weekends 8:00 AM - 1:00 PM Mushrooms, Spinach, Poached Eggs, English Muffin with Hollandaise Sauce	
<b>Classic Ham Benedict</b>	<b>16.99</b>
Monday to Friday 7:00 AM - 11:00 AM Weekends 8:00 AM - 1:00 PM Mushrooms, Poached Eggs, English Muffin with Hollandaise Sauce	

## Sandwiches

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



*Rise and Shine*

# Breakfast Menu

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

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**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, Chocolate Ganache, Berry Compote, Whipped Cream

**Pancakes** **\$17.99**

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

**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