



# Coffee & Tea

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

|                                    | Single | Double |
|------------------------------------|--------|--------|
| <b>Espresso</b>                    | 2.70   | 3.30   |
| <b>Espresso Machiatto</b>          | 2.95   | 3.80   |
| <b>Cortado</b>                     | 3.20   | 4.20   |
| <b>Extra Espresso Shot \$ 1.10</b> |        |        |

|                             | 8 oz | 12 oz | 16 oz |
|-----------------------------|------|-------|-------|
| <b>Smore's Latte</b>        |      | 5.99  | 6.99  |
| <b>Matcha Latte</b>         |      | 5.15  | 6.15  |
| <b>Flat White</b>           | 5.05 |       |       |
| <b>Cappuccino</b>           | 3.80 | 4.80  |       |
| <b>Mochaccino</b>           |      | 6.25  | 6.70  |
| <b>Latte</b>                |      | 4.15  | 5.15  |
| <b>Chai Latte/ London F</b> |      | 4.35  | 5.35  |
| <b>Pluck Tea</b>            |      | 2.85  | 3.15  |

- 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>Tiramisu Latte / Salted Toffee Latte</b>                 | 6.25  | 6.95  |
| <b>Cold Brew</b>  |       | 5.05  |
| <b>Iced Tea's</b>   |       | 5.99  |
| <b>Strawberry Rhubarb / Watermelon Berry / Peachy Lemon</b> |       |       |

| <b>Milk Options</b>          |      |
|------------------------------|------|
| <b>Homogenized Milk-3.5%</b> | 0.00 |
| <b>2% Milk</b>               | 0.00 |
| <b>10% Cream</b>             | 0.00 |
| <b>Lactose Free</b>          | 0.50 |
| <b>Skim Milk</b>             | 0.50 |
| <b>Soy Milk</b>              | 0.50 |
| <b>Almond Milk</b>           | 0.50 |
| <b>Oat Milk</b>              | 0.50 |

| <b>Flavoured Shots</b>     |      |
|----------------------------|------|
| <b>Toasted Marshmallow</b> | 0.60 |
| <b>Caramel</b>             | 0.60 |
| <b>Hazelnut</b>            | 0.60 |
| <b>Vanilla</b>             | 0.60 |
| <b>Caramel Sugar Free</b>  | 0.60 |
| <b>Vanilla Sugar Free</b>  | 0.60 |

| <b>Sauce Options</b>     |      |
|--------------------------|------|
| <b>Dutched Chocolate</b> | 0.90 |
| <b>White Chocolate</b>   | 0.90 |
| <b>Classic Caramel</b>   | 0.90 |



## All Day

|                                   |             |
|-----------------------------------|-------------|
| <b>Croissant</b>                  | <b>3.50</b> |
| <b>Muffin</b>                     | <b>3.50</b> |
| <b>Danish</b>                     | <b>4.50</b> |
| <b>Chocolate Croissant</b>        | <b>4.50</b> |
| <b>Chocolate almond croissant</b> | <b>4.50</b> |
| <b>Bostock</b>                    | <b>4.50</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>Coffee Cake :</b>              |             |
| <b>Banana Cream Cheese Loaf</b>   | <b>3.50</b> |
| <b>Lemon Poppy Seed Loaf</b>      | <b>3.50</b> |
| <b>Bagel</b>                      | <b>4.00</b> |
| Served with Cream Cheese          |             |
| <b>Yogurt Parfait</b>             | <b>4.00</b> |
| <b>Fruit Cup</b>                  | <b>4.00</b> |
| <b>Cookies</b>                    | <b>3.75</b> |

## Lunch

### SALADS

|  |              |
|--|--------------|
| <b>Quinoa &amp; Tempeh Salad</b>   | <b>12.99</b> |
| Organic Tempeh, Artichokes, Mushrooms, Eggplant, Red Pepper, Sundried Baby Tomatoes, Fresh Enoki Mushrooms |              |
| <b>Summer Green Salad</b>  | <b>13.99</b> |
| Summer Greens, Dried Apricots, Almonds, Carrots, with Lemon Dressing                                       |              |
| <b>Caesar Salad</b>  | <b>19.00</b> |
| Romaine Hearts, Croutons, Bacon with 4 oz Chicken Breast   |              |

## Wine Bar

|   |              |
|---|--------------|
| <b>Pecorino &amp; Cured Tomatoes</b>                            | <b>8.00</b>  |
| <b>Pickled Vegetables</b>                                       | <b>9.00</b>  |
| <b>House Olives</b>   | <b>8.00</b>  |
| <b>Cheese Board</b>   | <b>27.00</b> |
| Selection of three cheeses locally sourced from 100km Foods     |              |
| <b>Salumi Board</b>   | <b>28.00</b> |
| Selection of three cured meats locally sourced from 100km Foods |              |

## Breakfast Only

|   |              |
|---|--------------|
| <b>Breakfast Beyond Meat Sandwich [VG]</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>14.99</b> |
| Monday to Friday 7:00 AM -10:00 AM<br>Weekends 8:00 AM - 1:00 PM<br>Fresh Berries, Whipped Cream<br>Nutella Chocolate Ganache               |              |
| <b>Eggs Benedict</b>  | <b>14.99</b> |
| Monday to Friday 7:00 AM -10:00 AM<br>Weekends 8:00 AM - 1:00 PM<br>Mushrooms, Spinach, Poached Eggs, English Muffin with Hollandaise Sauce |              |
| <b>Classic Ham Benedict</b>   | <b>15.99</b> |
| Monday to Friday 7:00 AM -10:00 AM<br>Weekends 8:00 AM - 1:00 PM<br>Mushrooms, Poached Eggs, English Muffin with Hollandaise Sauce          |              |

## Soups

|                                   |             |
|-----------------------------------|-------------|
| <b>Soup Du Jour (Chef Choice)</b> | <b>6.00</b> |
| Monday - Friday 11:00AM-5:00PM    |             |

## Sandwiches

|  |              |
|--|--------------|
| <b>Turkey Wrap</b>   | <b>9.99</b>  |
| Brie Cheese and Cranberry Relish   |              |
| <b>Tuna Sandwich</b>   | <b>11.99</b> |
| Sourdough, Onions, Carrots, Celery, Mayonnaise                             |              |
| <b>Ham &amp; Cheese</b>  | <b>7.99</b>  |
| Croissant, Lettuce, Tomato, Cheddar Cheese, Aioli                          |              |
| <b>Chicken Caesar Wrap</b>   | <b>9.99</b>  |
| Grilled Chicken, Reggiano, Romaine Hearts in a Caesar Dressing             |              |
| <b>Turkey Cranberry Sandwich</b>   | <b>9.99</b>  |
| Smoke Cheddar, Sage Aioli, Rosemary Apple Compote                          |              |
| <b>Roasted Vegetable Panini</b>  | <b>12.95</b> |
| Hot Italian Aioli, Focaccia  |              |
| <b>Lamb and Beef Pita</b>  | <b>14.50</b> |
| Onions, Peppers, Arugula in a Roast Garlic Aioli                           |              |
| <b>Roast Beef</b>  | <b>14.50</b> |
| Demi Baguette, Peppers, Caramelized Onion Jam, Mustard & Horseradish Aioli |              |
| <b>Grilled Chicken Panini</b>  | <b>13.50</b> |
| Whole Grain Panini, Tomato, Provolone, Basil Aioli                         |              |