



Coffee & Tea

	8 oz	12 oz	16 oz
Regular Coffee/Dark Roast	2.20	2.60	3.00
Americano	2.80	3.55	4.30
Hot Chocolate	3.50	4.50	5.50

	Single	Double
Espresso	2.60	3.20
Espresso Machiatto	2.85	3.70
Cortado	3.10	4.10
Extra Espresso Shot \$ 1.00		

	8 oz	12 oz	16 oz
Matcha Latte		5.05	6.05
Flat White	4.85		
Cappuccino	3.60	4.60	
Mochaccino		6.05	6.50
Latte		3.95	4.95
Chai Latte		4.25	5.25
London Fog		4.25	5.25
Pluck Tea		2.75	3.10
Earl Gray Cream			
English Breakfast			
Masala Chai			
Fields of Green			
Harvest Mint			
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Specialty Drinks	12 oz	16 oz
S'mores Latte	5.99	6.99
Gingersnap Latte	5.99	6.99
Eggnog Latte	5.99	6.99

Milk Options	
Homogenized Milk-3.5%	0.00
2% Milk	0.00
10% Cream	0.00
Lactose Free	0.50
Skim Milk	0.50
Soy Milk	0.50
Almond Milk	0.50
Oat Milk	0.50

Flavoured Shots	
Toasted Marshmallow	0.50
Caramel	0.50
Hazelnut	0.50
Vanilla	0.50
Caramel Sugar Free	0.50
Vanilla Sugar Free	0.50

Sauce Options	
Dutched Chocolate	0.80
White Chocolate	0.80
Classic Caramel	0.80



All Day

Croissant	3.50
Muffin	3.50
Danish	4.50
Chocolate Croissant	4.50
Chocolate almond croissant	4.50
Bostock	4.50
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	4.00
Fruit Cup	4.00
Cookies	3.75

Lunch

SALADS

Quinoa & Tempeh Salad	12.99
Organic Tempeh, Artichokes, Mushrooms Eggplant, Red Pepper, Sundried Baby Tomatoes, Fresh Enoki Mushrooms	
Winter Salad	12.99
Fall Greens, Dried Cranberry, Dried Apples, Walnuts, Cheddar with Lemon Dressing.	
Caesar Salad	19.00
Romaine Hearts, Croutons, Bacon with 4oz Chicken breast	

Wine Bar

Pecorino & Cured Tomatoes	8.00
Pickled Vegetables	9.00
House Olives	8.00
Cheese Board	27.00
Selection of three cheeses locally sourced from 100km Foods	
Salumi Board	28.00
Selection of three cured meats locally sourced from 100km Foods	

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	
Roasted Vegetable Panini	12.95
Hot Italian Aioli, Focaccia	
Lamb and Beef Pita	14.50
Onions, Peppers, & Arugula in a Roast Garlic Aioli	
Turkey Cranberry Sandwich	9.99
Smoke Cheddar, Sage Aioli Rosemary Apple Compote	
Chicken Caesar Wrap	9.99
Grilled Chicken, Reggiano, Romaine Hearts in Caesar Dressing	
Roast Beef	14.50
Demi Baguette, Peppers, Caramelized Onion Jam, Mustard & Horseradish Aioli	
Grilled Chicken Panini	13.50
Whole Grain Panini, Tomato, Provolone Basil Aioli	
Chicken Tikka Wrap	13.00
Spiced Mint & Cilantro Aioli, Onions, Bell Peppers (Contains Dair & Gluten)	