



All Day

Croissant	3.10
Muffin	3.50
Danish	4.10
Chocolate Croissant	3.60
Chocolate almond croissant	4.10
Bostock	4.10
Muffin	4.00
GF option available	
Donut	4.99
GF option available	
Cookie GF	4.99
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	
Harvest Salad	10.99
Mixed Greens, Pickled Beets, Goat Cheese, Crushed Walnuts in a Lemon Vinaigrette	
Mixed Greens	10.99
Mixed Greens, Mango, Hearts of Palm, Couscous, Cranberry, Lemon 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	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)	

Sandwiches

Veg Sandwich (GF On Request)	11.99
Cured Tomato, Artichoke, Marinated Cipollini, Reggiano, Pesto Aioli	
Chicken Panini	10.99
Chicken & Provolone Cheese herb Schiacciata Tomato, Basil pesto bread	
Ham & Cheese S/W	6.99
Croissant Lettuce, Aged Cheddar, Tomato ,Ham	
Mortadella Focaccia	10.99
Arugula, Tomatoes, Mortadella, Reggiano in a Bomba Aioli	
Chicken Caesar wrap	9.99
Grilled Chicken, Romaine Hearts, Reggiano, Caesar Dressing	
Roast Beef Panini	11.99
Peppers, Onions, Roast Beef, Caramelized Onion Jam, Horseradish Aioli	
Lamb Pita	12.99
Lamb, Onions, Peppers, Arugula in a Roasted Garlic Aioli	



Coffee & Tea

	Single	Double	
Espresso	2.50	3.05	
Espresso Machiatto	2.75	3.50	
Cortado	2.95	3.95	
	8 oz	12 oz	16 oz
Regular Coffee/Decaf	2.10	2.45	2.80
Americano	2.70	3.45	4.15
Cappuccino	3.45	4.45	
Latte		3.80	4.80
Extra Shot 1.00			
Flavoured Cappuccino	3.50	4.75	
Flavoured Latte		3.85	5.10
Extra Flavoured Shot 0.30			
Hot Chocolate	3.25	4.25	5.25
Flavoured Hot Chocolate	3.50	4.75	5.95
Mochaccino	4.95	5.95	
Chai Latte	2.95	3.95	4.95
Pluck Tea			
Earl Gray Cream	2.75		
English Breakfast	2.75		
Masala Chai	2.75		
Fields of Green	2.75		
Harvest Mint	2.75		
Specialty Drinks		16 oz	
Iced Latte		4.80	
Iced Frappuccino		6.99	
Cold Brew		3.35	
Milk / Milk Alternatives			
Homogenized Milk-3.5%	0.50		
2% Milk	0.50		
10% Cream	0.50		
Lactose Free	0.50		
Skim Milk	0.50		
Soy Milk	0.50		
Almond Milk	0.50		
Oat Milk	0.50		
Syrup Options			
Toasted Marshmallow		0.50	
Caramel		0.50	
Hazelnut		0.50	
Vanilla		0.30	
Caramel Sugar Free		0.50	
Vanilla Sugar Free		0.50	
Sauce Options			
Dutched Chocolate		0.80	
White Chocolate		0.80	
Classic Caramel		0.80	