



# BEVERAGE MENU

## HOT OR ICED

|   |                                   |
|---|-----------------------------------|
| <b>ESPRESSO</b>                         | <b>Single</b> 0 Cals: <b>2.35</b> |
|   | <b>Double</b> 0 Cals: <b>2.55</b> |
| <b>ESPRESSO MACCHIATO</b> 10 Cals (4oz) | <b>3.20</b>                       |
| <b>CORTADO</b> 30 Cals (4oz)            | <b>3.30</b>                       |

|   |                      |
|---|----------------------|
| <i>iced beverages - 16oz only</i>               | <i>(12oz) (16oz)</i> |
| <b>AMERICANO</b> 0 Cals                         | <b>3.50 / 3.90</b>   |
| <b>FLAT WHITE</b> 180-250 Cals                  | <b>4.65 / 5.40</b>   |
| <b>LATTE</b> 130-170 Cals                       | <b>4.30 / 4.70</b>   |
| <b>CAPPUCCINO</b> 130-160 Cals                  | <b>4.35 / 4.70</b>   |
| <b>MOCHA LATTE</b> 200-290 Cals                 | <b>4.85 / 5.25</b>   |
| <b>VANILLA LATTE</b> 190-270 Cals               | <b>4.85 / 5.25</b>   |
| <b>CARAMEL LATTE</b> 190-270 Cals               | <b>4.85 / 5.25</b>   |
| <b>HOT CHOCOLATE</b> (hot only)<br>310-380 Cals | <b>4.15 / 4.65</b>   |
| <b>BREWED COFFEE</b> (hot only)<br>0 Cals       | <b>2.59 / 2.79</b>   |

## TEA

|  |                      |
|--|----------------------|
| <i>iced beverages - 16oz only</i>            | <i>(12oz) (16oz)</i> |
| <b>TEA</b> (hot only) 0 Cals                 | <b>2.35 / 2.60</b>   |
| <b>LONDON FOG</b> (hot only)<br>230-300 Cals | <b>4.75 / 5.25</b>   |
| <b>CHAI LATTE</b> 230-300 Cals               | <b>4.65 / 5.15</b>   |
| <b>MATCHA LATTE</b> 60-100 Cals              | <b>4.65 / 5.15</b>   |

## SMOOTHIES

|  |                              |
|--|------------------------------|
| <b>TROPICAL</b> 270 Cals<br><i>greek yogurt, banana, pineapple, orange</i>                         | <i>(16oz)</i><br><b>5.95</b> |
| <b>GREEN MACHINE</b> 165 Cals<br><i>cucumber, spinach, avocado, apple,<br/>parsley, hemp seeds</i> | <b>5.95</b>                  |
| <b>CHOCOLATE BANANA</b> 270 Cals   | <b>7.95</b>                  |
| <b>PROTEIN</b><br><i>banana, black beans, maple syrup, cocoa powder,<br/>vanilla, oat milk</i>     |                              |

## COLD

|  |                              |
|--|------------------------------|
| <b>ICED COFFEE - BLACK</b> 0 Cals          | <i>(16oz)</i><br><b>3.60</b> |
| <b>NITRO COLD BREW</b> 0 Cals              | <b>5.40</b>                  |
| <b>NITRO COLD BREW GREEN TEA</b><br>0 Cals | <b>5.40</b>                  |

## BOTTLED

|   |                    |
|---|--------------------|
| <b>COLD PRESSED JUICE</b> (300ml)                 | <b>8.45</b>        |
| <b>KOMBUCHA</b> (340ml)                           | <b>3.99</b>        |
| <b>BOOSTER</b> (60ml)                             | <b>6.25</b>        |
| <b>COCA-COLA</b><br><b>PRODUCTS</b> (500ml-591ml) | <b>2.75 - 2.99</b> |

## HOURS OF OPERATION

**MONDAY to FRIDAY**  
**7:00 AM - 4:00 PM**

**DAIRY ALTERNATIVES** | LACTOSE FREE, OAT, ALMOND 0.70    **EXTRA ESPRESSO SHOT** 0.55  
**FLAVOUR SHOTS** | VANILLA, HAZELNUT, CARAMEL, CHOCOLATE 0.55



# BREAKFAST MENU

## SANDWICHES

**BACON, EGG & CHEESE** 4.69  
*on an english muffin*

**SAUSAGE, EGG & CHEESE** 4.69  
*on an english muffin*

**EGG & CHEESE** 3.69  
*on an english muffin*

## OMELETTE BITES

**CHORIZO** 2 for 4.25  
*egg, chorizo sausage, potato & red pepper*

**MEDITERRANEAN EGG WHITE** 2 for 4.25  
*egg whites, roasted red pepper, baby spinach, feta cheese*

## HEALTHY CUPS

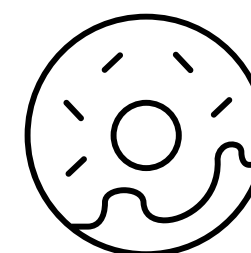
**FRUIT CUP** 4.99  
**GREEK YOGURT PARFAIT** 4.99  
**RASPBERRY CHIA PUDDING CUP** 4.49

## PASTRIES

*Please view our display for daily selection and prices.*

## FEATURE DOUGHNUT

*flavour rotates weekly*  
**1.95**



***Breakfast is served until 11:00 am***

## GOOD MORNING

### OATMEAL

**CLASSIC** 2.89  
*with cinnamon & brown sugar*

**TRAIL MIX** 3.25  
*raisins, dried cranberries, pumpkin seeds, sunflower seeds & granola*

**S'MORE** 3.25  
*graham cracker crumbs, marshmallows, chocolate chips*



# LUNCH MENU

## PRESSED PANINIS

### HAM & SWISS 7.75

*swiss cheese, black forest ham, grainy mustard, vinaigrette coleslaw*

### GREEN GODDESS 7.75

*provolone cheese, grilled chicken, chimichurri spread, spinach, avocado*

### WEEKLY FEATURE

*ask us about this week's offering*

## FRESH WRAPS

### CHICKEN CAESAR 6.95

*parmesan chicken breast, asiago caesar dressing, romaine lettuce*

### MEDITERRANEAN CHICKPEA 6.95

*seasoned chickpeas, garlic dill sauce, hummus, red onion, cucumber, tomato, lettuce*

### WEEKLY FEATURE

*ask us about this week's offering*

## HEALTHY CUPS

FRUIT CUP 4.99

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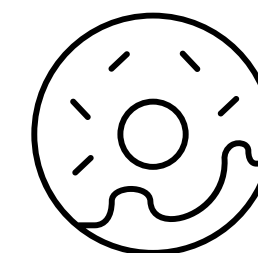
## PASTRIES

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## FEATURE DOUGHNUT

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1.95



## SOUP OF THE DAY 3.95

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