



BEVERAGE MENU

HOT OR ICED

ESPRESSO	Single 0 Cals: 2.35
	Double 0 Cals: 2.55
ESPRESSO MACCHIATO 10 Cals (4oz)	3.20
CORTADO 30 Cals (4oz)	3.30

<i>iced beverages - 16oz only</i>	<i>(12oz) (16oz)</i>
AMERICANO 0 Cals	3.50 / 3.90
FLAT WHITE 180-250 Cals	4.65 / 5.40
LATTE 130-170 Cals	4.30 / 4.70
CAPPUCCINO 130-160 Cals	4.35 / 4.70
MOCHA LATTE 200-290 Cals	4.85 / 5.25
VANILLA LATTE 190-270 Cals	4.85 / 5.25
CARAMEL LATTE 190-270 Cals	4.85 / 5.25
HOT CHOCOLATE (hot only) 310-380 Cals	4.15 / 4.65
BREWED COFFEE (hot only) 0 Cals	2.25 / 2.60

TEA

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

SMOOTHIES

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

COLD

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

BOTTLED

COLD PRESSED JUICE (300ml)	8.99
KOMBUCHA (340ml)	4.99
BOOSTER (60ml)	2.25
COCA-COLA PRODUCTS(500ml-591ml)	2.75 - 2.99

HOURS OF OPERATION

MONDAY to FRIDAY
7:00 AM - 3:30 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

CHEESE BACON 2 for 4.25

egg, cheddar cheese, and bacon

MEDITERRANEAN EGG WHITE 2 for 4.25

egg whites, roasted red pepper, baby spinach, feta cheese

FOUR CHEESE 2 for 4.25

HEALTHY CUPS

FRUIT CUP 4.99

GREEK YOGURT PARFAIT 4.99

RASPBERRY CHIA PUDDING CUP 4.49

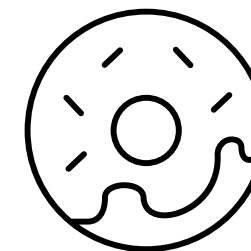
PASTRIES

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

GREEK YOGURT PARFAIT 4.99

RASPBERRY CHIA PUDDING CUP 4.49

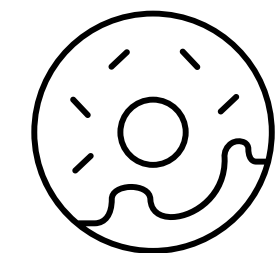
PASTRIES

Please view our display for daily selection and prices.

FEATURE DOUGHNUT

flavour rotates weekly

1.95



SOUP OF THE DAY 3.95

HOURS OF OPERATION

MONDAY to FRIDAY 7:00 AM - 3:30 PM