



# 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) 310-380 Cals	<b>4.15 / 4.65</b>
<b>BREWED COFFEE</b> (hot only) 0 Cals	<b>2.25 / 2.60</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) 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	<i>(16oz)</i> <b>5.95</b>
<i>greek yogurt, banana, pineapple, orange</i>	
<b>GREEN MACHINE</b> 165 Cals	<b>5.95</b>
<i>cucumber, spinach, avocado, apple, parsley, hemp seeds</i>	
<b>CHOCOLATE BANANA</b> 270 Cals	<b>7.95</b>
<b>PROTEIN</b>	
<i>banana, black beans, maple syrup, cocoa powder, vanilla, oat milk</i>	

## COLD

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

## BOTTLED

<b>COLD PRESSED JUICE</b> (300ml)	<b>8.99</b>
<b>KOMBUCHA</b> (340ml)	<b>4.99</b>
<b>BOOSTER</b> (60ml)	<b>2.25</b>
<b>COCA-COLA</b>	
<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

**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

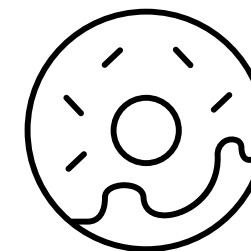
**FRUIT CUP** 4.99  
**GREEK YOGURT PARFAIT** 4.99  
**RASPBERRY CHIA PUDDING CUP** 4.49

## 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

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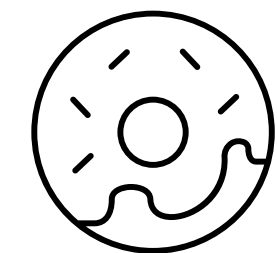
## PASTRIES

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## FEATURE DOUGHNUT

*flavour rotates weekly*

1.95



## SOUP OF THE DAY 3.95

## HOURS OF OPERATION

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