ESPRESSO BAR

HOT OR ICED	12oz	16oz
WINSPORT COFFEE	$2.90	$3.10
CLASSIC HOT CHOCOLATE	$2.80	$2.95
PREMIUM HOT CHOCOLATE	$4.05	$4.35
HIGGINS & BURKE TEAS	$2.90	$3.10
ESPRESSO	$2.75	
AMERICANO	$2.95	$3.50
CAPPUCCINO	$4.45	$4.95
CAFÉ LATTE	$4.45	$4.95
CHAI LATTE	$4.85	$5.35
EARL GREY TEA LATTE	$4.45	$4.95
FLAVORED CAFÉ LATTE	$4.85	$5.35
vanilla - sugar free vanilla - caramel - toasted marshmallow		
CARAMEL MACCHIATO	$4.95	$5.45
CAFÉ MOCHA	$4.95	$5.45
milk chocolate - white chocolate - caramel		

SMOOTHIES

STRAWBERRY BANANA 16oz	$8.00
MANGO 16oz	$8.00
TROPICAL SUNSHINE 16oz	$8.00
WHEY PROTEIN	$3.00

HOT DRINK ADD-ON & SUBSTITUTIONS

ADD AN ESPRESSO SHOT	$1.25
ADD A FLAVOR SYRUP SHOT	$0.75
SOY, ALMOND OR OAT MILK	$1.25

Prices include GST. Items may contain traces of nuts.

BREAKFAST SANDWICHES

AVAILABLE ALL DAY

SAUSAGE $10.00

Egg, cheese, brioche bun

BACON $10.00

Egg, cheese, brioche bun

EGG & CHEESE $9.00

Served on a brioche bun

PRICES INCLUDE GST. ITEMS MAY CONTAIN TRACES OF NUTS.

BREAKFAST

AVAILABLE FROM 8AM-11AM

SUNRISE BREAKFAST $13.50

2 eggs, 2 slices toast, 1 hashbrown.
Choice: 3 slices of bacon or 2 sausages.
Add a second hashbrown $1.50

BLT $10.00

Served on choice of bagel, white or brown bread.
Add an egg to make it a BELT + $2.00

BAGEL & CREAM CHEESE $5.00

TOAST & JAM $3.50

HASHBROWNS $3.00

HOUSE FAVOURITES

BURGERS

Lettuce, tomato, onion, pickle, burger sauce, brioche bun

Choose from:

BEEF $12.50

VEGGIE $11.50

SPICY CHICKEN $13.50

ADD CHEESE + $2 | ADD BACON + $2.50 | ADD FRIES + $3

BUFFALO CHICKEN WRAP $11.50

Crispy chicken, lettuce, tomato, onion, pickles, cheese, ranch & hot sauce, whole wheat tortilla

PRICES INCLUDE GST. ITEMS MAY CONTAIN TRACES OF NUTS.

GRILLED CHICKEN CAESAR WRAP $12.00

Grilled chicken breast, romaine, parmesan, Caesar dressing, whole wheat tortilla

GREEK WRAP $12.00

Grilled chicken breast or Falafel, lettuce, tomato, onion, olives, tzatziki, flour tortilla

MONTREAL SMOKED MEAT SANDWICH $13.50

Sliced smoked meat, Dijon aioli, pickle, Swiss cheese, marble rye bread

Add sauerkraut - $1

CHICKEN TACOS $13.00

Pulled chipotle chicken & pineapple, slaw, chipotle sauce, flour tortillas

TURKEY CLUB $13.00

Turkey breast, bacon, avocado, lettuce, tomato, mayo, ciabatta bun

SWEET CHILI CHICKEN $14.50

Crispy chicken, sweet chili sauce, wonton crisps, roasted sesame, cucumber, green onion, jasmine rice

ADD GRAVY + $3 | GLUTEN FREE BUN OR BREAD + $3

DRINKS

PRICES INCLUDE GST.

AQUAFINA	$3.50
EVIAN	$4.50
BOTTLED POP	$3.75
BUBLY	$3.75
PURE LEAF	$5.00
MILK 2 GO	$4.75
GATORADE 710ML	$5.25
GATORADE 591ML	$5.00
TROPICANA	$4.50
KICKSTART	$4.50
ROCKSTAR	$6.00
KOMBUCHA	$6.00

HOT OPTIONS

SOUP OF THE DAY	$7.00
BEEF CHILI	$7.50
MAC & CHEESE	$7.50
FRIES	$5.00
POUTINE	$9.00
CHICKEN FINGERS	$9.50
HOT DOG	$7.00
GRILLED CHEESE SANDWICH	$7.50

PRICES INCLUDE GST. ITEMS MAY CONTAIN TRACES OF NUTS.

MADE FRESH

BOXED SANDWICHES	$9.00
TOASTED PANINIS	$11.75
HOUSE SALADS	$7.50 / $14.50
SMALL POWER BOWLS	$8.50 / $12.00
LARGE POWER BOWLS	$14.50 / $18.00
CHARCUTERIE	$10.00
CHIPS & DIP	$8.00
FRUIT SALAD	$6.00
FRESH VEGETABLES & HUMMUS	$5.50
GREEK YOGHURT PARFAIT	$5.50
OVERNIGHT OATS	$5.50

BAKERY

COOKIE	$2.50
PROTEIN POWER BAR	$4.00
SWEET PASTRY	$3.50
SAVORY PASTRY	$5.50

PRICES INCLUDE GST. ITEMS MAY CONTAIN TRACES OF NUTS.

SNACKS

NUTRIGRAIN BARS	$3.00
CHEESE NIBBLER	$2.50
CHIPS/PRETZELS/POPCORN	$3.50
CHOCOLATE BAR	$3.50
CANDY	$4.50