



SOUP OF THE DAY

Cup 4.75/Bowl 7.75

SPICY BEEF PATTY

Served with rum barbeque sauce \$3.50

LOCAL EGG FRITTATA

ONE \$5.50/TWO \$9.75

Spinach, herb, onion & a little feta served warm with "The Bomb" Korean style sauce (a little spicy), or zucchini relish

MUSHROOM & BRIE

MINI BAGEL \$4.50 GRILLED CHEESE \$8.75

Mozzarella, spinach, grilled mushrooms, red onion, zucchini relish & brie

WILD SMOKED SALMON

MINI BAGEL \$4.75 ENGLISH MUFFIN \$6.75

Arugula, cream cheese, capers, red onion, lime zest

HAM & CHEESE MINI BAGEL \$4.50

ENGLISH MUFFIN \$6.50

CROISSANT \$7.50

+/- arugula, red onion & local mango chutney

HAM GRILLED CHEESE \$8.75

(with the works) on marbled rye sourdough

REUBEN ROYALE

HALF \$6.50/WHOLE \$11.25

Pastrami, sauerkraut remoulade, arugula, Swiss cheese, fig & aubergine chutney on multigrain baguette

PESTO VEGGIE BAGUETTE

HALF \$6.50/WHOLE \$11.25

Pesto, mozzarella, arugula, sundried tomato, grilled portabella mushrooms, yellow peppers & zucchini relish on multigrain baguette

THE CUBANO

HALF \$5.00/WHOLE \$8.75

Garlic aioli, swiss cheese, ham, dill pickle, mustard & zucchini on baguette

BEET SALAD \$11.75

Shredded beet & carrot, cilantro, leafy greens, berry balsamic dressing, avocado, mixed nuts +/- feta cheese

NAAN PIZZAS \$9.50

Ham: Mozzarella, arugula, caramelized onion, fig chutney

Pepperoni: Grilled yellow peppers, mozzarella, spiced mango sauce, parmesan

3 Cheese: Mozzarella, parmesan, brie, arugula, caramelized onion, pear, thyme