

Breakfast MENU



DAILY BITES

Croissant\$3.00
baked daily and served with butter or jam

Bagel\$3.00
with cream cheese, butter or jam

Egg Bites.....\$4.00
cheddar + bacon or
spinach + red pepper

Veggy Omelette\$8.00
served with hashbrowns

GRAB AND GO!

Hummus + Crackers.....\$4.00

Daily Muffins.....\$3.00
served with butter or jam

Assorted Sweets.....\$2.00

Fruit Danish.....\$3.00

BEVERAGES

Coffee + Tea.....\$2.00

Juice + Milk.....\$2.00

Bottled Spring Water\$2.00

The Most Important Meal of The Day!
served from 8-11am

LUNCH MENU



DAILY BITES

- Daily Soup.....\$5.00
- Fries\$5.00
add gravy +\$2.00
- Sweet Potato Fries\$7.00
served with Chipotle
- Chicken Caesar Wrap.....\$9.00
served with fries
- Poutine.....\$9.00
cheese curds + gravy
- Beef or Veggy Burger\$13.00
served with fries or caesar salad
add cheese, bacon or GF bun +\$2.00 ea

BEVERAGES

- Coffee + Tea.....\$2.00
- Juice + Milk.....\$2.00
- Bottled Spring Water\$2.00

GRAB AND GO!

- Bagel + Cream Cheese.....\$3.00
- Daily Muffins.....\$3.00
served with butter or jam
- Assorted Sweets.....\$2.00
- Fruit Danish.....\$3.00
- Salad.....\$5.00
casar or house
- Hummus + Crackers.....\$4.50

GOOD FOOD IS GOOD ENERGY
served from 11-2pm