BREAKFAST (8:00AM – 10:00AM)

English Muffin Sandwich $8.50

Two Fried Eggs, Bacon and Sliced Cheddar

Breakfast Tacos $10.00

Three tacos with scrambled eggs, bacon strips, avocado, salsa, shredded cheese and cilantro

Option to make GF

SALADS (11:00AM – 4:00PM)

Salad Dressings: Caesar, Ranch, Italian, Balsamic, Lemon Vinaigrette

Cobb Salad $13.50

Mediterranean Salad Bowl $12.50

Seasoned black beans, quinoa, sliced olives, tomatoes, cucumber and cottage cheese drizzled with balsamic reduction

DESSERT (11:00AM – 4:00PM)

Red Velvet Brownie with Vanilla Ice Cream and Caramel Sauce $5.50

Vanilla Cheesecake with Berry Sauce $5.50

PASTRIES (All Day)

Apple Turnover $3.00

Butter Croissant $3.00

Muffin of the Day $3.00

Assorted Cookies $2.50

V Vegetarian

Gluten Free

MAIN COURSE

(11:00AM – 4:00PM)

Smoked Salmon on a Bagel $15.00
With Dill Capers, Cream Cheese, Julianne Red Onions and Arugula
Served with Salad Greens

Falafel Pita V $14.00
With Tzatziki and Tahini sauce
Served with green salad

Reuben Sandwich $14.00
Served with green salad

Montreal Stacker $14.00
Served with green salad

Spicy Bean Wrap $13.00
Served with Salad Greens

Chicken Salad Wrap $14.00
Served with green salad

Tuna Wrap $13.00
Served with green salad

Tacos $15.00
Choice of pulled pork or ground beef

Pizza of the Day $5.25

DRINKS

(ALL DAY)

COLD

Coca-Cola Beverages	$2.85
Canned Soft Drinks	$2.35
Monster Energy Drinks	$4.35
FUZE Iced Tea	$3.35
Peace Tea	$3.10
Minute Maid Juice	$3.25
Vitamin Water	$4.10
POWERADE	$3.85
DASANI Water	$2.85
AHA Sparkling Water	$2.85
Smart Water	$3.25
Milk/Chocolate Milk	$2.00
Iced Coffee	$4.50
Core Power Protein	$6.00

HOT

Cappuccino	$4.00
Latte	$4.00
Flat Whites	$4.00
Americano	$4.00
Chai	$4.50
Tea	$2.50
Coffee	
Small	$1.85
Medium	$2.10
Large	$2.40

ALCOHOL

Canned Beer	$6.00
Red/White Wine	$6.00