

Breakfast

Made to Order

Quiche of the Day - \$5.95

Breakfast Wrap - \$8.95

scrambled eggs, cheddar, ham, olive relish

Chorizo Burritos with Salsa - \$6.95

scrambled eggs, cheddar, potatoes, chorizo & onion

Veggie Burritos with Salsa - \$6.95

scrambled eggs, potatoes, cheddar, black beans, corn, roasted red pepper & onion

Deli Sandwiches \$8.95 - \$9.95

On your choice of sourdough, multigrain, croissant, bagel, wholegrain wrap or lettuce.

Muffalatta

German salami, ham, lettuce, tomato, provolone & house-made olive relish

Smokey Tom

smoked turkey breast, smoked mozzarella, lettuce, tomato, mayo & mustard

Spicy Salami

German salami, lettuce, tomato, provolone, pepperoncini & house-made vinaigrette

Mediterranean Tuna

tuna, celery, tomatoes, artichokes, capers, red onion & house-made balsamic dressing

Midwest Ham Wrap

ham, apples, cheddar, lettuce, mayo & house-made apple mustard

Sasha Special

turkey, swiss, mayo, mustard, lettuce, tomato, & house-made olive relish

Egg Salad

eggs, celery, onion, roasted red pepper, sweet relish, green onion & classic dressing

Chicken Salad of the Day

Soup of the Day

Breakfast Sandwiches

Egg & Cheese - \$6.25

Ham, Egg & Cheese - \$7.25

Add olive relish - +75¢

On a bagel - +\$1.00

Grilled Paninis

Ham & Swiss - \$8.95

Turkey & Swiss - \$8.95

with your choice of olive relish, sandwich chutney, or apple mustard - all house-made

Make it a Combo: 1/2 sandwich with cup of soup or deli salad

Cafe Bar

Freshly Brewed Coffee Daily!

Specialty Drinks

Espresso

Latte

Chai Latte

Red Eye

Cappuccino

Iced Coffee

Beverage Cooler

Bottled Water

Fruit Juices

Kombucha

Root Beer

Sodas & Teas

Ginger Brew

Smoothies - \$5.95

Fresh Fruit: mixed fruit & berries

Citrus Green: orange, kale,

banana, avocado, pear, cilantro,

& lemon juice

Add yoghurt! - 50¢

Other Beverages

Hot Cocoa

Skim Milk

Chocolate Milk

Soy Milk

Almond Milk

Coconut Milk

House Brewed - Unsweetened

Sun Tea

A graphic of a sun with rays emanating from it, positioned above the 'Sun Tea' text.

Grab N' Go

Pre-made Sandwiches

Packaged Deli Salads

Frozen Breads & Pies

Deviled Eggs

Happy Day Cakes

Soups

Cheeses

Dips & Spreads

Don't Forget Dessert!

Today's Specials