

## GRAB AND GO SNACKS

- \$4.99 Homemade Fruit Cups
- \$4.99 Mixed Berry Yogurt Parfait with Granola
- \$4.29 Homemade Banana Pudding
- \$4.49 Chef's Seasonally Inspired Tiramisu
- \$2.99 Assorted Chip Flavours
- \$2.99 Assorted Chocolate Bars
- \$4.99 Assorted Flavoured Kind Bars
- \$3.99 Trail Mix - Sierra Mountain & Cranberry

## ALL DAY BREAKFAST

\$6.99 BREAKFAST BREAK WRAP

## PASTRY SELECTIONS

- \$3.99 Daily Chefs Pastry Selection
- \$2.59 Homemade Croissant
- \$3.49 Homemade Chocolate Croissant
- \$3.49 Homemade Almond Croissant
- \$2.99 Homemade Cookie
- \$1.79 Daily Assorted Muffins
- \$6.99 Homemade Sliced Cake

## SOUPS

Soup is served with packaged crackers

- \$4.99 Chefs Homemade Chicken Noodle Soup 🍴
- \$4.99 Chefs Feature Daily Vegan Soup 🍴

# BREAK CAFÉ



### DIETARIES

- 🌿 Vegetarian
- 🌱 Vegan
- 🚫 Gluten-Free
- 🥛 Dairy-Free
- 🌶️ Spicy
- 🍴 Halal
- 🥜 Contains Nuts
- 🦞 Shellfish

## GRILLED PANINIS

Add \$2.99 to make it a combo (choice of chips and canned pop)

- \$7.99 Caprese 🌿
- \$7.99 Turkey Melt 🍴
- \$7.99 Roast Beef 🍴
- \$7.99 Spicy Roasted Eggplant & Zucchini 🌿

## CHEF'S DAILY FEATURE

Add \$2.99 to make it a combo (choice of chips and canned pop)  
Available from 11am to 8pm.

- MONDAY** 🍴  
\$6.99 Butter Chicken
- TUESDAY** 🍴  
\$6.99 Jollof Rice and Grilled Spiced Chicken
- WEDNESDAY** 🌿  
\$6.99 Spinach & Eggplant Lasagna
- THURSDAY** 🍴  
\$6.99 Jerk Chicken and Creamy Cheese Pasta
- FRIDAY** 🍴  
\$6.99 Mac & Cheese with Hot Chicken Tenders

## SALADS

(Protein can be added to all salads)

- \$8.99 **BOW-TIE PASTA SALADS**  
Add Diced Chicken for \$2  
Add Bacon \$2  
Add Tofu \$2
- \$8.99 **CAESAR SALAD**  
Add Diced Chicken \$2  
Add Bacon \$2  
Add Tofu \$2

# COFFEE & TEA

All our Espresso Based Beverages are Fair trade, organic, and bird friendly

## HOT BEVERAGES

| Reg    | Lg     |              |
|--------|--------|--------------|
| \$4.29 | -      | Cappuccino   |
| \$5.29 | \$5.99 | Latte        |
| \$5.29 | \$5.99 | Chai Latte   |
| \$5.29 | \$5.99 | Mocha Latte  |
| \$5.29 | \$5.99 | Matcha Latte |
| \$3.29 | \$3.99 | Americano    |
| Single | Double |              |
| \$1.99 | \$2.99 | Espresso     |

## ICED BEVERAGES

| Reg    | Lg     |              |
|--------|--------|--------------|
| \$3.29 | \$3.99 | Americano    |
| \$5.29 | \$5.99 | Latte        |
| \$5.29 | \$5.99 | Mocha        |
| \$5.29 | \$5.99 | Matcha Latte |
| \$5.29 | \$5.99 | Chai Latte   |

## EXTRAS

|        |                         |
|--------|-------------------------|
| \$0.99 | Oat, Almond or Soy Milk |
| \$0.99 | Extra Espresso Shot     |
| \$0.99 | Flavoured Syrup         |
| \$0.99 | Whipped Cream           |

## FAIRTRADE DRIP COFFEE

|        |                       |
|--------|-----------------------|
| \$2.89 | Large - 16oz          |
| \$2.59 | Medium - 12oz         |
| \$1.49 | Small - 8oz           |
| \$4.49 | Hot Chocolate         |
| \$5.99 | Premium Hot Chocolate |

## BEVERAGES

|        |                                      |
|--------|--------------------------------------|
| \$3.29 | Assorted Flavours of Pop (500mL)     |
| \$1.99 | Assorted Flavours of Pop (355mL)     |
| \$2.59 | Bubly Sparkling Water (355mL)        |
| \$2.79 | Assorted Oasis Juices (300mL)        |
| \$3.99 | Flavoured Flow Water (500ml)         |
| \$4.99 | Redbull & Sugar Free Redbull (250ml) |

## TEAS

### NUMI ORGANIC TEA (FAIRTRADE)

| Reg    | Lg     |                    |
|--------|--------|--------------------|
| \$2.99 | \$3.29 | English Breakfast  |
| \$2.99 | \$3.29 | Rooibos Chai       |
| \$2.99 | \$3.29 | Turmeric           |
| \$2.99 | \$3.29 | Cream of Earl Grey |
| \$2.99 | \$3.29 | Moringa Mint       |
| \$2.99 | \$3.29 | Jasmine            |

