

GRAB & GO

MORNING

ASSORTED BREAKFAST BURRITO \$10.25

Scrambled eggs, onions, peppers, cheese and choice of:

1. Bacon **NF**
2. Ham **NF**
3. Chorizo **NF**
4. Beyond Meat **NF V**

Served with chipotle salsa on the side.

BREAKFAST BOWL \$11.25

Red and sweet potato cajun home fries, choice of bacon, smoked breakfast sausage, or beyond meat sausage, scrambled eggs, onions, roasted cherry tomatoes, zucchini and mushroom with chipotle salsa **NF GF DF**

BREAKFAST BOX \$20.00

Includes two mini croissants sandwiches, two egg bites and one seasonal fruit cup

Choose one:

- Mini croissant sandwiches (2pp) **NF**
Turkey & Swiss **NF**
Mushroom & Smoked Gouda **NF V**
Ham & Cheddar **NF**

Choose one:

- Veggie egg bites (2pp)
cheddar cheese and diced vegetables **NF GF V**
Bacon Egg Bites
crispy bacon, cheddar cheese, and diced vegetables **NF GF**
Seasonal Fruit and Berry Cup **NF GF DF**

SNACKS \$9.00

MORNING STARTER

Boiled egg, Havarti, "34" brand cookies, cherry tomatoes, kiwi and berries **NF V**

CROISSOVER BREAKFAST

Mini turkey croissant, granola bites, stick cucumber, kiwi, grapes and cherry tomatoes **NF**

NATURAL NIBBLE

Crudites, fruit berries and grapes; kiwi, hummus with trail mix and olives. Gluten-free cookies and dry apricots **V**

SUSHI DELIGHT

Assorted sushi, edamame and wasabi. **NF V**

JAM & JAM

Chorizo salami, fig, cornichons peperonccini, "34" brand cookies, grapes, Portuguese chorizo **NF**

CHEESE PLEASE

Gouda, brie, cheddar, grapes, olives, strawberries, apricots, "34" brand cookies, grissini, honey

SWEETEST TEMPTATION

Dark chocolate, coconut macarron, mango, dry cranberries, mixtrail, and pumpkin seeds **NF GF DF**

Add Ons:

Deviled Eggs (2pp) **NF GF V** \$3.15
free range eggs with mustard, mayo and paprika

Scrambled Eggs **NF GF DF** \$3.45

Hard Boiled Eggs (1PP) \$2.25
NF GF DF V

Mini Croissants (2pp) \$5.55
with jam and butter
NF V

Scones (1pp) \$2.55

Canadian Peameal Bacon (2pp) \$4.55
NF GF DF

Crispy Bacon (2pp) \$3.95
double smoked maple bacon
NF GF DF

Breakfast Turkey Sausage \$4.55
(1pp) **NF GF DF**

Beyond Breakfast Sausage \$4.55
(1pp)

European Home Fries \$3.45
with peppers, onions and paprika
NF GF DF

Hash Brown (1pp) \$3.25
crisp to perfection **NF GF DF**

Red & Sweet Potato Cajun Home Fries \$3.25
crisp to perfection **NF GF DF**

Mini Pancakes (2pp) \$6.25
NF

Fruit Skewer (1pp) \$3.75
NF GF DF

