



Friday, 23 September 2022

Breakfast Menu: 7am-11am

Breakfast Toast , choice of bread, butter or cream cheese & Jam	\$4.50
Breakfast Panini , english muffin, egg, cheese	\$5.49
Breakfast Sandwich : choice of wrap, croissant, bagel, sliced brasserie bread, egg, meat, cheese	\$8.99
Build Your Own Omelette , 3 eggs or eggs whites with your choice of cheese	\$7.99
Cheese: cheddar, mozzarella, swiss, provolone, parmesan	
Topping: tomato, mushrooms, red onion, mixed peppers, black forest ham, spinach, bacon	
	\$1.00
Pancakes	\$6.99 (fruit) \$8.99
Belgian Waffle	(whole) \$7.99 (half) \$4.49
Hash Browns	\$4.49
2 Eggs (any style)	\$4.99
Sausage or Bacon	(per serving) \$2.75
Scone	\$3.00
Muffin	\$3.75
Croissant	\$3.00
Bagel	\$2.50
Sliced Brasserie Bread	\$2.00
Fresh Fruit Salad , granola, yoghurt	(per pound) \$9.49
Steel Cut Oatmeal	(12 oz.) \$5.99 (16 oz.) \$6.99
Banana Bread	\$3.00
Vegan Banana Bread	\$3.50
Almond Pound Cake	\$4.00

Beverages

Espresso	(2 oz.) \$3.50
Macchiato	(4 oz.) \$3.75
Cortado	(8 oz.) \$4.25

Americano	(8 oz. or 12 oz.)	\$3.50
Cappuccino	(8 oz.)	\$4.25 (12 oz.) \$4.75
Latte	(8 oz.)	\$4.25 (12 oz.) \$4.75
Milo Mocha	(8 oz.)	\$4.50 (12 oz.) \$5.00
Drip Coffee: feature single origin	(12 oz.)	\$2.50 (16 oz.) \$3.00
Iced Latte	(16 oz.)	\$4.75
Iced Americano	(16 oz.)	\$4.00
Coffee extras: (2 oz. shot) \$1.75, almond milk \$0.50, soy milk \$0.50, coconut milk \$0.50, oat milk \$0.75		
Featured Organic Teas by DiviniTea	(16 oz.)	\$3.00
Hot Chocolate	(12 oz.)	\$3.50
Fresh Coconut Water	(12 oz.)	\$4.50

Lunch Menu: 11am - 5pm

Soup of the Day: mediterranean brasserie catch fish soup (gluten, dairy & nut free), chicken pepper pot (dairy free & gluten free), CAB beef chili (dairy & gluten free)
(12 oz.) \$5.99 (16oz.) \$6.99

Build Your Own Salad \$9.99/lb

Greens: romaine lettuce, mixed greens, spinach

Toppings: cucumbers, red onion, cherry tomatoes, red pepper, green pepper, green beans, carrot, chickpeas, red beets, grapes, green apple, roasted sweet potato, banana peppers, celery, radish, sun dried tomatoes, roasted pumpkin, 'coco bluff' coconut, hard-boiled eggs, black olives, shredded cabbage, marinated tofu, garlic croutons, bacon

Cheese: parmesan, shredded cheddar, shredded mozzarella, feta, goat's cheese, crumbled blue cheese

Dried Fruits & Nuts: cranberries, black raisins, walnuts, almonds, sunflower seeds, chia seeds, flax seeds, pumpkin seeds

Housemade Dressings: balsamic, honey dijon, red wine shallot, italian, coco lime, sweet & sour, caesar, ranch, balsamic vinegar, apple cider vinegar, olive oil

Add On: roasted chicken (4 oz.) \$4.99, brasserie catch \$14.99 (each.), avocado \$1.00

Burgers

CAB Sirloin \$16.00

All-Natural Turkey \$15.00

Housemade Veggie \$13.00

Hand Cut Fries / Hand Cut Sweet Potato Fries \$ 5.00

Sandwiches & Wraps: choose from freshly baked breads, cheese, house made spreads & garden vegetables

Veggie \$ 8.99

BLT, Tuna Salad	\$ 9.49
Roasted Chicken, Roasted Turkey Breast, Black Forest Ham	\$ 10.49
Genoa Salami	\$ 10.99
Genoa Salami, Roast Beef, Prosciutto	\$ 11.99
Brasserie Catch of the Day	\$14.99

Extras: meat \$3.50, cheese \$2.00, bacon \$2.50

Breads & Wraps: white baguette, whole wheat baguette, ciabatta, brioche bun, plain wrap, whole wheat wrap, spinach wrap, tomato wrap

Toppings: smoked onions, housemade pickles, roasted red peppers, jalapeños, banana peppers, boston lettuce, arugula, spinach, tomato, red onion

Cheese: swiss, cheddar, provolone, fresh mozzarella

Spreads: lemon aioli, spicy aioli, garden basil pesto, garden herb chimichurri, chipotle bbq, brasserie hot sauce

Panini of the Day: herb marinated chicken, provolone cheese, red onion, sun dried tomato, grilled romaine, banana peppers, lemon aioli, ciabatta \$ 8.99

Daily Hot Lunch: roasted triggerfish w/ garden ackee escabeche (\$15.99/lb.) (gluten & nut free), turtle stew (\$22.99/platter - \$11.99/portion.) (dairy & nut free), jerk chicken (\$11.49/lb.) mac & cheese (vegetarian, gluten & nut free), crispy cassava (vegetarian, gluten & nut free), rice and beans (vegetarian & nut free), fried plantain (vegan), garden greens (vegetarian & gluten free) \$10.49/lb

Pastries & Baked Goods

Brownies:	regular - \$4.00	gluten free, vegan - \$ 4.75
House made Cookies: chocolate chip, oatmeal raisin, coconut cranberry, peanut butter		\$ 3.50
Cupcakes: carrot cake, red velvet, chocolate cheesecake, chocolate vegan, coconut		\$ 4.50
Dulce de Leche & Chocolate Cupcake (nut free)		\$ 4.75
Carrot Cake		\$ 6.75
Local Banana & Peanut Butter Roulade		\$ 6.00
Keto Chocolate & Avocado Fat Bomb		\$ 6.50
Tahini Cheesecake		\$ 6.25
Cayman Mango & Almond Chia Pudding		\$ 4.75
Nanaimo Bar		\$ 5.00
Banana Bread		\$ 3.00
Vegan Banana Bread		\$ 3.50
Almond Pound Cake		\$ 4.00
Gluten Free Homemade Healthy Bar (flax seeds, oats & brasserie honey		\$ 3.75

Market: 945 1814

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