



Tuesday 19 September 2023

Breakfast Menu: 7am-11am

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 Omelet , 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	\$1.75
Pancakes	\$6.99 (fruit) \$8.99
Belgian Waffle	(whole) \$5.99 (half) \$3.99
Hash Browns	\$4.49
2 Eggs (any style)	\$4.99
Sausage or Bacon	(per serving) \$2.75
Scone	\$3.25
Muffin	\$3.75
Croissant	\$3.50
Bagel	\$2.50
Sliced Brasserie Bread	\$2.00
Fresh Fruit Salad , granola, yogurt	(per pound) \$9.49
Steel Cut Oatmeal	(12 oz.) \$5.99 (16 oz.) \$6.99
Banana Bread	\$3.25
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: chinese style rice & vegetable soup (v, df, nf), chicken pepper pot (df & gf), all-natural turkey chili (df, gf, nf)

(12 oz.) \$5.99 (16oz.) \$6.99

build your own salad \$10.49/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

house made 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 \$15.99 (each.), avocado \$1.25

burgers

cab sirloin	\$16.49
all-natural turkey	\$15.49
housemade veggie	\$13.00
hand cut fries / hand cut sweet potato fries	\$6.00

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, roast beef, prosciutto	\$11.99
brasserie catch of the day	\$18.99

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: spicy harissa chicken, provolone cheese, sauteed onion, sun dried tomato, cucumber, lettuce, seasoning pepper remoulade, whole wheat wrap \$ 9.49

daily hot lunch:

roasted red snapper w/ grapefruit & 'coco bluff' coconut relish	\$15.99/portion. (gf, nf)
beef schnitzel	\$21.99/lb (gf, df, nf)
spicy sund dried tomato pesto chicken	\$14.99/lb. (gf, nf)

sides

lb./\$10.99

roasted garlic mashed potatoes (v, nf)
grilled brussels sprouts (ve, gf, nf)
herbed carrots (ve, gf, nf)
sauteed garden greens (ve, gf, nf)
fried plantains (v, df, gf, nf)

Pastries & Baked Goods

Brownies:

regular	\$4.25
gluten free, vegan	\$4.75

House made cookies:

chocolate chip, oatmeal raisin, coconut cranberry, or peanut butter	\$3.75
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Cupcakes:

carrot cake, red velvet, chocolate cheesecake, chocolate vegan, or coconut	\$4.50
Mocha & White Chocolate Cupcake (NF)	\$ 4.75
Carrot Cake	\$ 7.00
Keto Strawberry Crisp Tart (GF)	\$ 6.75
Dulce de leche cheesecake, tahini cream, toasted almonds	\$ 6.75
Brasserie Honey Pie, candied pistachios	\$ 6.75
Mango & Starfruit tres leches Cake (NF)	\$ 6.75
Nanaimo Bar	\$6.00
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