



**Wednesday 6 December 2023**

**Breakfast Menu: 7am-11am**

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<b>Breakfast Panini</b> , english muffin, egg, cheese	\$5.49
<b>Breakfast Sandwich</b> : choice of wrap, croissant, bagel, sliced brasserie bread, egg, meat, cheese	\$8.99
<b>Build Your Own Omelet</b> , 3 eggs or eggs whites with your choice of cheese	\$7.99
<b>Cheese</b> : cheddar, mozzarella, swiss, provolone, parmesan	
<b>Topping</b> : tomato, mushrooms, red onion, mixed peppers, black forest ham, spinach, bacon	\$1.75
<b>Pancakes</b>	\$6.99 (fruit) \$8.99
<b>Belgian Waffle</b>	(whole) \$5.99 (half) \$3.99
<b>Hash Browns</b>	\$4.49
<b>2 Eggs</b> (any style)	\$4.99
<b>Sausage or Bacon</b>	(per serving) \$2.75
<b>Scone</b>	\$3.25
<b>Muffin</b>	\$3.75
<b>Croissant</b>	\$3.50
<b>Bagel</b>	\$2.50
<b>Sliced Brasserie Bread</b>	\$2.00
<b>Fresh Fruit Salad</b> , granola, yogurt	(per pound) \$9.49
<b>Steel Cut Oatmeal</b>	(12 oz.) \$5.99 (16 oz.) \$6.99
<b>Banana Bread</b>	\$3.25
<b>Vegan Banana Bread</b>	\$3.50
<b>Almond Pound Cake</b>	\$4.00

## Beverages

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<b>Espresso</b>	(2 oz.) \$3.50
<b>Macchiato</b>	(4 oz.) \$3.75
<b>Cortado</b>	(8 oz.) \$4.25
<b>Americano</b>	(8 oz. or 12 oz.) \$3.50
<b>Cappuccino</b>	(8 oz.) \$4.25 (12 oz.) \$4.75
<b>Latte</b>	(8 oz.) \$4.25 (12 oz.) \$4.75
<b>Milo Mocha</b>	(8 oz.) \$4.50 (12 oz.) \$5.00
<b>Drip Coffee:</b> feature single origin	(12 oz.) \$2.50 (16 oz.) \$3.00
<b>Iced Latte</b>	(16 oz.) \$4.75
<b>Iced Americano</b>	(16 oz.) \$4.00
<b>Coffee extras:</b>	
(2 oz. shot) \$1.75, almond milk \$0.50, soy milk \$0.50, coconut milk \$0.50, oat milk \$0.75	
<b>Featured Organic Teas by DiviniTea</b>	(16 oz.) \$3.00
<b>Hot Chocolate</b>	(12 oz.) \$3.50
<b>Fresh Coconut Water</b>	(12 oz.) \$4.50

## Lunch Menu 11am-5pm

**soup of the day:** curried pumpkin & 'coco bluff' coconut soup (df, nf), chicken pepper pot (df & gf),  
all-natural pork 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**: house cured bacon, muenster cheese, caramelized onion, cucumber, banana pepper, sorrel relish, tomato wrap \$9.99

### daily hot lunch:

roasted red snapper w/ 'coco bluff' coconut & jicama salad	\$15.99/portion. (gf, df, nf)
beef bulgogi w/ wakame salad	\$22.99/lbs. (df, nf)
malaysian chicken curry	\$14.99/lb. (nf)

### sides

lb./\$10.99

stir fry rice noodles	(v, nf)
sweet & sour carrots	(vg, gf, nf)
sesame brussels sprouts	(vg, gf, nf)
sauteed greens	(v, df, gf, nf)
fried plantains	(v, df, gf, nf)

## Pastries & Baked Goods

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### **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	
Chocolate & Vanilla Peppermint Cupcake (NF)	\$ 4.75
Carrot Cake	\$ 7.00
Keto Blueberry Tart, vanilla cream (GF)	\$ 6.75
'Coco bluff' Coconut & Pecan Pie, Ginger Cream, Butternut Squash	\$ 5.75
Pumpkin cheesecake, Pumpkin cream, toasted pecans (DF)	\$ 5.75
Pecan & 'Coco Bluff' Coconut Pie, Butternut Squash Butter, Ginger Cream	\$ 6.50
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