



Wednesday 3 April 2024

Breakfast Menu: 7am-11am

Breakfast Panini , English muffin, egg, cheese	\$5.49
Breakfast Sandwich : choice of wrap, 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
Stell Cut Oatmeal	(12 oz.) \$5.99 (16 oz.) \$6.99
Banana Bread	
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 DiviniTe	(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: curried turkey & lentil soup (df, nf), chicken pepper pot (df & gf),
all-natural pork chili (df, gf, nf) (12oz.)\$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

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
house made 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	

bread & wraps: white baguette, whole wheat baguette, ciabatta, brioche bun, plain wrap, whole wheat wrap, spinach wrap, tomato wrap

toppings: smoked onions, house made 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: grilled chicken, american cheese, banana peppers, java apple slaw, spinach, house made pickles, garden herb aioli, multigrain ciabatta \$9.99

daily hot lunch:

roasted red snapper w/ smoked tomato emulsion	\$15.99/portion. (gf, df, nf)
pimento smoked beef brisket	\$23.99/lb. (df, gf, nf)
peri peri chicken	\$14.99/lb. (df, gf, nf)

sides

lb./\$10.99

herbed fingerling potatoes	(gf, nf)
charred asparagus	(v, gf, nf)
spicy honey baked pumpkin	(v, gf, nf)
sauteed garden greens	(gf, nf)
fried plantains	(v, df, gf, nf)

Pastries & Baked Goods

Brownies:	
regular	\$4.25
gluten free, vegan	\$4.75
House made cookies:	\$3.75
chocolate chip, oatmeal raisin, coconut cranberry, or peanut butter	
Cupcakes:	\$4.50
carrot cake, red velvet, chocolate cheesecake, chocolate vegan, or coconut	
Dark Chocolate Cupcake (NF)	\$4.75
Basque Cheesecake, surinam cherry & mango coulis (NF, GF)	\$6.75
Toasted 'Coco Bluff' Coconut & Chocolate Parfait (NF)	\$6.75
Carrot Cake	\$7.25
Local Longan & Almond Tapioca Pudding	\$7.00
Keto Lemon Bar (GF)	\$7.00
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