



**Thursday 3 July 2025**

## Breakfast Menu: 7am-10.30am

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<b>Breakfast Toast</b> , bread, butter or cream cheese & jam	\$4.99
<b>Breakfast Panini</b> , English muffin, egg, cheese	\$6.99
<b>Breakfast Sandwich</b> : choice of wrap, bagel, sliced brasserie bread, egg, meat, cheese	\$10.49
<b>Build Your Own Omelet</b> , 3 eggs or eggs whites with your choice of cheese	\$9.99
<b>Cheese</b> : cheddar, mozzarella, swiss, provolone, parmesan	
<b>Topping</b> : tomato, mushrooms, red onion, mixed peppers, black forest ham, spinach	\$1.25
<b>Add on Meat</b> : black forest ham, bacon, turkey \$1.25 (each), turkey sausage \$ 2.00(each), pork sausage \$ 3.00 (each), chicken sausage \$ 3.75 (each)	
<b>Add on Sides</b> : mushrooms \$3.00 (per serving), roasted tomato \$3.00 (per serving), baked beans \$3.50 (per serving), sautéed spinach \$4.00 (per serving)	
<b>Pancakes</b>	\$8.99 (fruit) \$10.49
<b>Belgian Waffle</b>	(whole) \$9.49 (half) \$4.99
<b>Hash Browns</b>	\$5.49
<b>2 Eggs</b>	(any style) \$6.99
<b>Scramble Eggs Hot Line</b>	\$5.99
<b>Eggs Benedict</b>	(1 piece) \$7.99 (2 pieces) \$13.99
<b>Pork Sausage</b>	(per serving) \$3.00
<b>Applewood Smoked Bacon</b>	(per serving) \$3.99
<b>Caribo's Chicken Chorizo Sausage</b>	(per serving) \$3.75
<b>Canadian bacon</b>	(per serving) \$3.99
<b>Scone</b> :	regular \$3.25, fruit \$3.50, GF fruit scone \$3.75
<b>Cinnamon Roll</b>	\$4.00
<b>Muffin</b>	\$4.00
<b>Croissant</b>	\$4.00
<b>Bagel</b>	\$3.99
<b>Sliced Brasserie Bread</b>	\$2.25
<b>Baguette</b>	\$2.49
<b>Fresh Fruit Salad with granola and yogurt</b>	(per pound) \$10.99
<b>Steel Cut Oatmeal</b>	(12 oz.) \$6.99 (16 oz.) \$7.99
<b>Patties</b>	\$3.75

## Beverages

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<b>espresso</b>	(2 oz.)\$4.00
<b>macchiato</b>	(4 oz.)\$4.50
<b>cortado</b>	(8 oz.)\$5.00
<b>americano</b>	(8 oz.)\$4.00 (12 oz.)\$5.00
<b>cappuccino</b>	(8 oz.)\$5.00 (12 oz.)\$5.75
<b>latte</b>	(8 oz.)\$5.00 (12 oz.)\$5.75
<b>milo mocha</b>	(8 oz.)\$5.75 (12 oz.)\$6.50
<b>drip coffee:</b> feature single origin	(12 oz.)\$3.25(16 oz.)\$4.25
<b>iced latte</b>	(16 oz.)\$6.00
<b>iced americano</b>	(16 oz.)\$5.25
<b>iced mocha</b>	(16 oz.)\$6.25
<b>cold brew</b>	(16 oz.)\$5.50
<b>coffee extras:</b> (2 oz. shot) \$2.25, almond milk \$0.75, soy milk \$0.75, coconut milk \$0.75, oat milk \$0.75, syrup \$1.00	
<b>featured organic teas by divinitea (hot)</b> english breakfast, earl grey, moroccan mint, japanese sencha, chamomile, tropical turmeric, immunitea, genmaicha,	
<b>coconut cream chai</b>	(16 oz.)\$4.25
<b>featured organic teas by divinitea (cold)</b> <b>tropical green, hibiscus lime</b>	(16 oz.)\$4.25
<b>tea latte</b>	(12 oz.)\$5.50(16 oz.)\$6.50
<b>hot chocolate</b>	(12 oz.)\$4.75(16 oz.)\$5.75
<b>fresh coconut water</b>	(12 oz.)\$5.00
<b>fresh oj</b>	\$7.00
<b>just water</b>	\$3.25

## Lunch Menu 11am-5pm

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**soup of the day:** shrimp bisque soup (nf), chicken pepper pot (df, gf),  
cab beef chili (df, gf, nf) \$7.99 (12 oz.), \$ 8.99 (16oz.)

**build your own salad** \$11.49/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:** lemon roasted chicken (4 oz.) \$5.99, brasserie catch \$16.49 (each.), smoked salmon \$10.00 (portion),  
roasted turkey \$4.00 (portion), black forest ham \$4.00 (portion), avocado \$1.50

### **burgers**

cab sirloin	\$18.00
all-natural turkey	\$16.00
house made veggie	\$14.00
hand cut fries / hand cut sweet potato fries	\$6.00

### **sandwiches & wraps**

choose from freshly baked breads, cheese, house made spreads & garden vegetables	
veggie	\$9.99
blt, tuna salad, chicken salad, egg salad	\$10.99
roasted chicken, roasted turkey breast, black forest ham	\$12.99
genoa salami, roast beef, prosciutto	\$13.99
brasserie catch of the day	\$21.99
extras: meat \$4.00, cheese \$2.00, bacon \$3.50, avocado \$1.50	

**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

**captain james' blackfin tuna poke bowl :** japanese rice, 'coco bluff' coconut kimchi, cucumber, garden radish, edamame, spicy soy, toasted sesame seeds \$33.00

**panini of the day:** spicy harissa chicken, provolone cheese, sauted onion, sun dried tomatoe, cucumber, lettuce, garlic aioli, spinach wrap. \$12.49

### **daily hot lunch:**

crispy fish taco w/ green cabbage slaw	\$11.49/lb. (gf, nf)
beef salsa verde	\$19.49/lb. (df, nf)
chicken pipian adobo	\$14.99/lb. (gf, df)

### **sides**

	\$11.99/lb
cilantro and corn rice(v, gf, nf)	
chili garlic roasted broccoli (vg, gf, nf)	
mexican street corn esquites (vg, gf, nf)	
sauteed greens (vg, gf, nf)	
fried plantains (vg, gf, nf)	

## Pastries & Baked Goods

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Brownies:	\$4.50
Regular	\$5.00
Gluten-free, Vegan	\$4.00
House-made cookies: chocolate chip, oatmeal raisin, coconut cranberry, peanut butter	\$4.75
Cupcakes: carrot cake, red velvet, chocolate cheesecake, chocolate vegan, coconut	\$7.75
Carrot Cake	\$7.00
Nanaimo bar	\$4.00
Banana Bread	\$4.50
Vegan banana bread	\$4.25
Lemon pound cake	\$4.25
Gluten Free Homemade Healthy Bar (flax seeds, oats & brasserie honey)	\$4.25
Banoffee Pie (NF)	\$7.00
Keto Chocolate & Avocado Parfait (GF)	\$7.25
White Chocolate & Mango Cheesecake	\$7.00
Chocolate-Peanut Panna Cotta, 'Coco Bluff' Coconut Cream	\$7.25

## Grab & Go Snacks, Food and Drinks

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fresh fruit salad	\$6.99
whole fruit	\$2.25
house-made yoghurt and granola	\$6.99 extra granola \$2.00
greek and garden salad with dressing	\$7.49 (extra dressing \$1.50)
caesar salad with dressing	\$6.50 (extra dressing \$1.50)
sandwiches	\$10.99
dirty chips	\$3.00
chocolate bar	\$2.00
kind bar	\$3.75
red bull	\$4.25
just water	\$3.25
la croix sparkling water	\$2.00
perrier sparkling water	\$3.50
soda	\$2.00 (can)
beer selection starting from	\$6.00
wine selection starting from	\$7.00