

NUMENUMENUMENUMEN

FOR DRINKING

Espresso (FO)
Macchiato (FO)
Latte (FO)
Cappucino (FO)
Mocha (FO)
Hot Chocolate (FO)
Milk Steamer (FO)
Americano (FO)
Chai Latte (FO)
Nutella Latte
Iced Latte (FO)
Iced Americano (FO)
Iced Mocha (FO)
Cafe Au Lait (FO)
Brewed Coffee (FO)
Assorted Teas (FO)
Milk/Chocolate Milk (O)
Juice (O)
Water

Milks for coffee drinks are available in whole, 2%, skim or almond.

We use organic dairy, organic vegetables, organic flours, organic cane sugar and cage-free organic eggs.

FOR EATING

Oatmeal (VGO)
Soup (VGOS)
Green Salad (VGO)
Baked Potato (GO)
Egg Salad Sandwich (GO)
Veggie Panini (GO)
Chicken Panini (GOH)

make your own crepe:
Buckwheat Crepe (VGO)

choice of fillings (FOS):
Chocolate, Banana, Apple
Cheddar, Zucchini, Eggplant
Mushroom, Chicken

SWEET THINGS

Brownies (GFOE)
Granola Bars (VGFO)
Zucchini Bread (VO)
Apple Bread (VO)
Banana Chocolate Bread (VFO)
Chocolate Chip Cookies (FOE)
Triple Chocolate Cookies (FOE)
Oatmeal Raisin Cookies (OE)
Gingerbread Cookies (GOSE)
Mini Cheesecakes (O)
Pumpkin Cheesecake (OS)
Pumpkin Scones (VGOS)

ALL OF OUR FOOD & DRINK PRODUCTS ARE AS ETHICALLY PRODUCED AS POSSIBLE. OUR COFFEE IS NOT ONLY FAIR TRADE, BUT ORGANIC, BIRD FRIENDLY, & RAINFOREST CERTIFIED. WE PRIDE OURSELVES ON PROVIDING FOOD THAT IS HUMAN, ANIMAL, PLANET FRIENDLY - WE WANT YOU TO EAT DELICIOUSLY, WITHOUT FEELING GUILTY! SO GO ON, INDULGE. YOU PROBABLY WON'T REGRET IT.
AND ASK US ALL THE QUESTIONS THAT YOU LIKE, IT'S OUR FAVOURITE PART!

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V = Vegan G = Gluten-Free E = Egg-Free F = Fair-Trade O = Organic S = Seasonal