

BREAKFAST

Breakfast Sandwich - eggs & veggie sandwich - a couple of omega eggs, bacon, tomato & spinach (good for the iron), cheddar cheese, mayo and sweet chili sauce (Kaleigh's fav sauce) ... \$5.95

Breakfast Biscuit – an omega egg & melted cheddar on a fresh biscuit with bacon, tomato, spinach, chipotle mayo ... \$4.95
before 11am ... \$2

Breakfast Wrap – this is popular - two scrambled omega eggs, roasted potatoes, cheddar, bacon, crema, salsa & sweet chili sauce in a 12" whole wheat wrap ... \$6.95

Mimi's Parfait – cool & groovy like Mimi - honey yogurt layered with strawberry rhubarb compote, organic granola ... \$4.95

LUNCH MENU

Soup - from scratch with a homemade biscuit ... sm \$4 ... lg \$6

Wildflower Salad – Wild as the girl who makes it - mixed greens, beets, carrots, tomato, cucumber, sprouts, nuts and our famous balsamic vinaigrette (now for sale)

Caesar Salad – the king - romaine, lemon garlic Caesar (we make this dressing too) & homemade croutons

Salads served with your choice of biscuit ... sm \$6 ... lg \$10
add Chicken ... \$4

Pizza by the slice - made fresh daily ... Veggie \$4.95 ... Meat \$5.95
Individual sized gluten free pizza made to order ... add \$2

SANDWICHES ... available gluten free add \$1

Turkey Sandwich - with cranberry sauce, mayo & lettuce... \$5.95

Egg Salad Sandwich - with mayo & lettuce ... \$4.95

Curried Chicken Salad Sandwich - with mayo & lettuce ... \$5.95

Veggie Hummus Sandwich - with tomato, carrot, beet, cucumber, sprouts, hummus, lettuce & sweet chili... \$4.95

Warm Meatloaf Sandwich - with cheddar, bacon, lettuce, tomato, red onion, Russian mustard, mayo, sweet chili on foccacia ... \$8.95

Chipotle Chicken Club - with bacon, melted cheddar cheese & tomato on foccacia bread... \$7.95

Cinnamon Bun ... \$3.95

Biscuit ... \$ 2.50

Muffin ... \$2.95

MAKE IT A COMBO

Add sm salad ... \$4

Add soup ... sm \$3 ... lg \$5

Add sm soup & salad ... \$7

FRESH JUICE

12 oz ... \$5

Lemon Apple – The Most Amazing Juice

Carrot – See the Light!

Apple, Carrot, Beet,

Ginger & Lemon – Blood Cleanser

Green Elixir – The

Fountain of Youth

Add garlic if you dare!

SMOOTHIE ... 16 oz ... \$5

Our One and Only!

Lots of Berries and a

Banana, Yogurt, Honey

and your choice of Milk

COFFEE & TEA

Organic Fair Trade Coffee

regular or decaf \$2.25

Café au Lait \$3

Gourmet Tea \$2.25

Espresso \$2.25

Americano \$2.25

Cappuccino \$4

Café Latte \$4

Café Mocha \$4.50

We make all our espresso drinks a double shot!

Hot chocolate \$3.50

Steamed Milk \$2.50

Flavour shot \$1

GOURMET TEA

ORGANIC EARL GREY

Natural bergamot infuses the air with heady aroma. 100% Organic
Ingredients: black tea, natural flavours.
Antioxidant Level: very high. Caffeine Content: medium

COCHIN MASALA CHAI

Full bodied tea enhances South Indian masala. Superb with milk and
sugar. Ingredients: black tea, ginger, cardamom, cinnamon,
coriander, clove, black pepper. Antioxidant Level: high.
Caffeine Content: medium

PEACH APRICOT flavoured black tea

A flavoury and tasty combination of mellow peaches with deep, full-
flavoured apricots. Ingredients: black tea, papaya & peach & apricot
pieces, blackberry leaves, calendula & sunflower petals, natural
flavours. Antioxidant Level: high. Caffeine Content: medium

ORGANIC JASMINE GOLD DRAGON green tea

Exquisite abundant Jasmine character on a seasonal green tea.
100% Organic Ingredients: green tea.
Antioxidant Level: very high. Caffeine Content: low

ORGANIC ROMAN PROVENCE ROOIBOS

An enchanting herbal tea that's good for you! Fruity ripe berry notes
balanced with mild lavender. 100% Organic Ingredients: rooibos,
dried currants, rosehips, elderberries, lavender, rose petals, natural
flavours. Antioxidant Level: medium. Caffeine Content: none

BERRY BERRY herbal tea

A full flavoured tea with deep berry notes. A terrific herbal tea.
Ingredients: hibiscus, elderberries, currants, natural flavours
Antioxidant Level: low. Caffeine Content: none

WELLNESS SERENITY herbal tea

Soothing and restful, with camomile in abundance. Ingredients:
camomile, rooibos, lemon balm, lemon verbena, linden, anise,
cinnamon, oat straw, hops, passionflower, orange pieces. Antioxidant
Level: low. Caffeine Content: none

ORGANIC PEPPERMINT herbal tea

An unforgettable pungent 2nd cut (the best cut) peppermint.
Many purported health benefits are linked to the mint family.
100% Organic Ingredients: Peppermint Leaves
Antioxidant Level: medium. Caffeine Content: none

BOTTLED DRINKS

Tropicana	\$2.50
Naked Juice	\$5
San Pellegrino	\$2
Perrier	\$2.95
Pop	\$2.95

DESSERT

Pie	\$4.95
A la mode ...	\$5.95
Cheesecake ...	\$6.95
Cookie ...	\$1.25
Gluten Free Brownie	\$3.95
Energy Bar	\$3
Cereal Bar ...	\$3
Chocolate Truffle ...	\$1.95
Date Turnover ...	\$1.75

KIDS

1 egg, bacon, toast + juice ...	\$4.95
Grilled Cheese + fruit + juice ...	\$4.95



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