



# BREAKFAST

Served 8:30-11:30am | Open 7 Days

## SANDWICHES

### Smithwich - \$5

Peameal bacon, fried egg & cheddar cheese on a toasted bagel.

### The Cure - \$7.95

Under the weather? Soft panini bun filled with scrambled eggs, bacon bits, cheddar cheese & red onion. Cures everything.

### Toasted Western - \$7.95

Scrambled eggs, peppers, onion & ham on toast.

### Fried Egg Sandwich- \$4.80

2 fried eggs on toast. Add cheese \$1

### Breakfast Burrito - \$9.95

Scrambled eggs, sausage, sweet peppers, onion, cheddar cheese, lettuce, tomatoes & salsa in a whole wheat wrap.

### BLT- \$7.95

Strip bacon, lettuce, tomato & mayo on toast.

### PLT- \$7.95

Peameal bacon, lettuce, tomato & mayo on toast.

Substitute Gluten-Free or Low Carb Bread - \$1  
*Please let us know if you have any allergies!*

## OMELETTES

### Make your Own - \$13

2 eggs with three of your selected fillings. Served with homefries & toast. Extra fillings are \$1 each.

#### Fillings

Sweet peppers, onions, mushrooms, spinach, tomatoes, cheddar cheese, swiss cheese, goat cheese, bacon, sausage, ham, peameal bacon.

## SWEET STUFF

### French Toast - \$9

2 slices of bakery French Toast dusted with icing sugar & served with organic Beaver Valley Maple Syrup and fruit. Available Gluten Free!

## LIGHT BREAKFASTS

### Aussie Toast - \$7.95

Your choice of toast, homemade avocado smash & toasted seeds, topped with sprouts & chili oil. Add an egg for \$2.

### Toast - \$2.95

2 buttered slices of our homemade bread.

### Toasted Bagel - \$1.95

Add cream cheese (+\$1), peanut butter, jam, you name it.

## LOOKING TO #TAKE&BAKE BREAKFAST AT HOME?

*Pre-order these breakfast options for lazy weekends at home or any special occasion!*

### Homemade Quiche - \$19.25

Serves 6-8 people. Choose between Ham & Swiss, Spinach Tomato & Goat Cheese, Cheddar & Broccoli

### Creme Brulee French Toast - Sm.\$8.98 /Lg.\$15.99

Sweet treat you can bake at home and serve with fresh fruit for the perfect breakfast! Small serves 2-3 and large serves 6-8 people.





# SWEETS & BREAD

Made fresh, from scratch, 7 Days a week

## BREAKFAST SWEETS

### Muffins - \$2.29

Morning Glory, Banana Coconut, Cranberry Blueberry Bran, Apple Crumble

### Gluten-Free Vegan Muffins - \$3.48

Pumpkin Cranberry, Banana Chocolate Chip

### Pastries - \$2.29

Cinnamon Bun, Chop Suey Bun, Croissant, Fruit Danish, Cheese Danish, Sticky Knot with Pecans, Wild Blueberry & Cranberry Scone. Plain Tea Biscuit (\$0.87), Plain Sticky Knots (\$1.79), Mini Cinnamon Buns (\$1.10)

### Traditional Chelsea Buns - \$8.56

Pecan or Cranberry - \$9.63

## COOKIES

### Traditional Cookies - \$1.27

Chocolate Chip, Ginger Molasses, Oatmeal Raisin, Peanut Butter

### Gluten-Free Cookies - \$2.03

Peanut Butter Chocolate Chip, Double Chocolate

## PIES

### Fruit Pies - \$15.99

Traditional Apple, Apple Crumble, Bumbleberry Crumble, Strawberry Rhubarb, Cherry

### Wild Blueberry - \$17.99

### Mile High Lemon Meringue - \$16.99

## SAVOURY PASTRIES

### Homemade Sausage Rolls - \$3.06

### Jamaican Beef Patties - \$3.06

## DESSERT SWEETS

### Dessert Squares - \$2.29

Nanaimo Bar, Chocolate Brownie with Chocolate Cream Cheese Icing, Lemon Bar, Pecan Pie Bar, Coconut Macaroon Bar, Date Square, Peanut Butter Toffee Square, Fruit Crumble Bar

### Butter Tarts - \$2.29

Plain, Pecan, Raisin

### Flourless Chocolate Cake - \$4.27

## CAKES & CUPCAKES

### Buttercream Cupcakes - \$2.55

Vanilla or Chocolate Cupcakes with Buttercream Frosting

### Cream Cheese Cupcakes - \$2.55

Red Velvet or Carrot Cupcakes with Cream Cheese Icing

### Mini Cupcakes - \$1.25

Vanilla or Chocolate with Buttercream Frosting

### Carrot Cake (Full Bundt) - \$37.45

Serves 12-15. Cream Cheese Frosting.

## CUSTOM CAKES

### Pre-Order a 2-Layer Custom Cake!

6" Round (\$25), 7" Round (\$35), 8" Round (\$40), 9" Round (\$45), 10" Round (\$50), 9"x13" (\$55)

## BREADS

### Sandwich Bread - \$5.30

White, Whole Wheat, Nine Grain, Rye

### Cheese Bread - \$6.99

### Sourdough - \$6.41

### Gluten-Free Bread - \$8.25

Chia, Golden Flax, Cinnamon Raisin Low Carb - \$9.99





# LUNCH

Served 11:30am-3:00pm | Open 7 Days

## LATE RISER SAMMYS

### **Smithwich - \$5**

Peameal bacon, fried egg & cheddar cheese on a toasted bagel

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Under the weather? Soft panini bun filled with scrambled eggs, bacon bits, cheddar cheese & red onion. Cures everything

### **Toasted Western - \$7.95**

Scrambled eggs, peppers, onion & ham on toast.

### **Fried Egg Sandwich- \$4.80**

2 fried eggs on toast. Add cheese \$1

### **BLT- \$7.95**

Strip bacon, lettuce, tomato & mayo on toast

### **PLT- \$7.95**

Peameal bacon, lettuce, tomato & mayo on toast

## WRAPS & BOWLS

*Available as either a wrap or salad. Wraps are served with your choice of side and salads are served over greens.*

### **Rainbow Bowl - \$9.95**

Greens, couscous, shredded carrots, cabbage, sweet peppers, cucumber, red onion, sprouts, hummus, sunflower seeds & lemon basil dressing

### **Cobble Beach Bowl - \$9.95**

Spinach, hard boiled egg, bacon bits, cheddar cheese, red onion, tomato, sprouts, sunflower seeds & ranch

### **Buffalo Ranch - \$9.95**

Choose between chicken or cauliflower, romaine lettuce, blue cheese, red onion, tomato, & ranch

### **Homemade Caesar - \$9.95**

Choose between chicken or cauliflower, romaine lettuce, homemade caesar, corn, red onion, parmesan cheese & GF croutons

### **Thai Peanut- \$9.95**

Choose between chicken or cauliflower romaine lettuce, red cabbage, red onion, sweet peppers, carrots & peanut sauce

## SANDWICHES

*All sandwiches are served with your choice of coleslaw, veggie sticks or potato chips*

### **Pressed Veggie Panini - \$8.95**

9 grain bread with cream cheese, spinach, tomato, sprouts, roasted red peppers, red onion & balsamic drizzle

### **Italian Grilled Cheese - \$9.95**

Genoa salami, black forest ham, provolone cheese, parmesan, mozzarella, roasted peppers & spinach served on freshly baked white bread

### **Reuben - \$10.95**

Montreal smoked meat, sauerkraut and swiss cheese topped with a thousand island dressing and grilled on homemade rye bread

### **Turkey Avocado - \$10.95**

Smoked turkey, avocado, lettuce & tomato topped with pesto mayo on freshly baked 9 grain

### **Roastbeef & Provolone - \$9.95**

House roasted beef, caramelized onions, lettuce, tomato, provolone cheese & horseradish mayo on a grilled panini bun

## BAKERY FAVOURITES

### **Smoked Salmon - \$10.95**

Cream cheese and smoked salmon on a toasted bagel topped with cucumbers, onions, sprouts & capers

### **Beef Chili - \$9.95**

Our famous beef chili served in a freshly baked bread bowl (+\$1) garnished with shredded cheddar cheese and sour cream!

### **Daily Homemade Soup - Sm.\$5.5/Lg.\$7.5**

Served with freshly baked buttered bread.

## SIDES

### **Make it Gluten Free - \$1.00**

### **Make it Low Carb - \$1.00**

### **Additional Sides - \$3.00**

Coleslaw, Veggie Sticks, Potato Chips, Garden Salad





# BUILD YOUR OWN SANDWICH & BOWL

Served 11:30am-3:00pm | Open 7 Days

## SANDWICH BAR \$7.95

### Pick your Bread

White, Whole Wheat, Nine Grain, Rye,

**Panini Bun - \$0.60**

**Whole Wheat Wrap - \$0.60**

**Bagel - \$0.60**

**Gluten-Free Bread - \$1.00**

**Low Carb Bread - \$1.00**

*Let us know if you would like your bread fresh, toasted, or grilled*

### Pick your Protein

House Roasted Beef, Smoked Turkey, Black Forest Ham, Genoa Salami, Montreal Smoked Meat or Roasted Chicken Breast

### Pick your Toppings

Lettuce, Tomato, Red Onion, Pickles, Hot Peppers, Cucumber, Sprouts

### Pick your Sauce

Yellow Mustard, Dijon Mustard, Honey Mustard, Mayo, Pesto Mayo, Horseradish Mayo, Butter

### Add-Ons

**Cheddar Cheese - \$1.00**

**Swiss Cheese - \$1.00**

**Provolone Cheese - \$1.00**

**Avocado - \$1.00**

**Extra Protein - \$3.00**

## SALAD BAR \$7.95

### Pick your Base

Romaine, Spinach or Both

### Pick your Protein

House Roasted Beef, Smoked Turkey, Black Forest Ham, Genoa Salami, Montreal Smoked Meat, Roasted Chicken Breast, Cauliflower Bites, Bacon

### Pick your Toppings

Tomato, Red Onion, Pickles, Hot Peppers, Cucumber, Sprouts, Sweet Peppers, Carrots, Couscous, Hummus, Capers, Corn, Cabbage, Gluten-Free Croutons

### Pick your Dressing

Balsamic, Lemon Basil, Thai, Greek, Ceasar, Ranch

### Add-Ons

**Cheddar Cheese - \$1.00**

**Swiss Cheese - \$1.00**

**Provolone Cheese - \$1.00**

**Avocado - \$1.00**

**Extra Protein - \$3.00**

## MAKE IT A COMBO + \$3.99

**Choose either a daily soup or a side salad!**





# MEALS 2 GO

#Take&Bake at Home | Open 7 Days

## MAINS

### Chicken Pot Pies - \$7.99

Made with tender white and dark meat, carrots, onions, celery, peas, corn and velvety gravy in our homemade pastry. Serves 1. Bake at 350F from frozen for 1 hr.

### Beef Pot Pies with Cheddar Pastry - \$7.99

Made with AA stewing beef, carrots, onions, celery, peas, red wine all wrapped in our homemade cheddar pastry to make the ultimate beef pie. Bake at 350F from frozen for 1 hr.

### Beef Lasagna - Sm.\$14.99/Lg.\$40

Layer upon layer of fresh pasta, lean ground beef, bechamel sauce, homemade tomato sauce, mozza and parmesan cheese makes our lasagna an amazing and hearty meal. Small serves 2-3 and large 6-8. Bake for 1-1.5 hours at 350F.

### Stuffed Eggplant - \$14.99

A delicious vegetarian entree! Lightly breaded eggplant stuffed with 3 cheeses (mozza, parm & goat cheese), placed on a bed of house made tomato sauce. Topped with more sauce and parmesan cheese. Serves 2-3 people.

### Stuffed Pasta Shells - \$14.99

Another delicious vegetarian entree! Giant pasta shells stuffed with spinach and three chesses and perched on top of homemade tomato sauce. Simply heat and serve! Serves 2-3 people.

## SIDES

### Loaded Mashed Potatoes - \$9.99

These mashed potatoes make a perfect side for any dinner. Simply heat & eat! Serves 3-4.

### Loaded Baked Potatoes - \$5.99

Loaded baked potatoes that will not disappoint. Heat & serve with any desired added toppings! Serves 2.

### Sexy Couscous - \$7.99

Colourful & delicious couscous that can be warmed & accompany any meal. Serves 2-3.

### Maple Glazed Carrots - \$6.99

### Roasted Beets - \$6.99

## GLUTEN FREE MAINS

### Cabbage Rolls - \$14.99

Plump, juicy cabbage rolls made the old-fashioned way. Lean ground beef, rice, and bacon are wrapped in cabbage and simmered in tomato sauce until tender. Heat and serve with a dollop of sour cream for a comforting and satisfying meal! 4 rolls per container.

### Beef Chili - \$14.99

Lean ground beef, celery, onions and kidney beans simmered in our signature seasonings that will leave you wanting more! 1 Litre, serves 2-3 people.

### Meatballs in Tomato Sauce - \$14.99

Lean ground beef, ground pork, parmesan cheese, onion, garlic and more are rolled into meatballs and placed on a bed of house made tomato sauce. Simply add pasta, a salad and a fresh baguette for a perfect at home Italian dinner! Serves 2-3 people.

### Chicken Parmesan - \$16.99

4 oz. chicken breasts lightly breaded, topped with house made tomato sauce and parm cheese, then nestled in a bed of more tomato sauce. Take home and served with a salad and a baguette for a delicious, hearty meal! Serves 2-3 people.

### Shepherd's Pie - \$14.99

A family recipe for generations, this classic dish is different from other pies you may have tried! Made with lean ground beef and corned beef, onion, garlic, tomatoes, and peas, topped with smashed potatoes and aged cheddar. Serves 2-3 people.

### Turkey Sweet Potato Shepherd's Pie - \$14.99

A healthy twist on a classic! Made with turkey, onion, garlic, tomatoes, and peas, topped with smashed sweet potatoes. Serves 2-3 people.

### Homemade Seasonal Soup - \$14.99

Ask our staff what soups we have available. Comes in 1 litre containers and serves 2-3 people.