
SANDWICHES & MORE

BUILD—A—SMOOTHIE

\$6.85 | \$9.25

12OZ OR 16OZ SMOOTHIES MADE JUST THE WAY YOU WANT - SIMPLY FILL OUT THE SMOOTHIE FORM TO ORDER

OATMEAL \$3.15

TOPPED WITH BROWN SUGAR OR UPGRADE WITH NUTS AND/OR DRIED FRUIT +\$0.90

BAGEL 'N' BUTTER \$3.15

UPGRADE WITH CHOICE OF CREAM CHEESE, PEANUT BUTTER, OR JAM +\$0.80

EGG WHITE WRAP \$9.25

EGG WHITE AND BELL PEPPERS TOPPED WITH SPINACH, SALSA AND FETA CHEESE, WRAPPED AND GRILLED

WHOLE EGG WRAP \$9.25

WHOLE EGG, TURKEY AND MUSHROOMS TOPPED WITH SPINACH, SALSA AND CHEDDAR CHEESE, WRAPPED AND GRILLED

TURKEY SANDWICH \$10.50

SMOKED TURKEY, SWISS AND CRANBERRY MAYO ON CRANBERRY SOURDOUGH

CHICKEN SANDWICH \$10.50

CHICKEN SALAD ON RED PEPPER AND ONION CIABIATTA BREAD

EGG SALAD SANDWICH \$8.50

ON RYE BREAD

TUNA SALAD SANDWICH \$8.50

ON SOURDOUGH BREAD

TOFU SALAD SANDWICH \$8.50

TANDOORI SPICED TOFU SALAD ON ROSEMARY FOCACCIA BREAD (VEGAN)

NEW

CHEF'S SALAD \$17.95

DAILY INSPIRED SALAD CREATION WITH CHICKEN BREAST, FRESH VEG, AND MORE. GRAB YOURS FROM THE GROW FRIDGE!

COFFEE, TEA & MORE

| | TALL / 12oz | GRANDE / 16oz | VENTI / 20oz |
|--|-------------|---------------|--------------|
| BREWED COFFEE | \$2.45 | \$2.75 | \$3.25 |
| BAGGED TEA | \$2.55 | \$3.05 | \$3.05 |
| TEA MISTO | \$3.45 | \$3.85 | \$3.85 |
| CHAI TEA LATTE <small>*AVAILABLE ICED</small> | \$4.75 | \$5.45 | \$5.95 |
| GREEN TEA LATTE <small>*AVAILABLE ICED</small> | \$4.75 | \$5.45 | \$5.95 |
| LONDON FOG | \$4.75 | \$5.45 | \$5.95 |
| HOT CHOCOLATE | \$4.75 | \$5.25 | \$5.75 |
| WHITE HOT CHOCOLATE | \$4.75 | \$5.25 | \$5.75 |
| ICED COFFEE | \$3.05 | \$3.45 | \$3.85 |
| COLD BREW COFFEE | \$3.95 | \$4.55 | \$5.15 |
| ICED TEA | \$3.10 | \$3.45 | \$3.85 |
| ICED TEA LEMONADE | \$3.85 | \$4.55 | \$4.95 |
| CLASSIC FRAPPUCCINO | \$4.95 | \$5.50 | \$6.05 |
| DELUXE FRAPPUCCINO | \$5.50 | \$6.05 | \$6.55 |

ESPRESSO

| | | | | |
|--|-------------|--|---------------|--------------|
| ESPRESSO | SOLO \$2.55 | | DOPPIO \$3.15 | |
| | TALL / 12oz | | GRANDE / 16oz | VENTI / 20oz |
| CAFÉ AMERICANO *AVAILABLE ICED | \$3.45 | | \$4.05 | \$4.35 |
| CAFÉ LATTE *AVAILABLE ICED | \$4.45 | | \$4.95 | \$5.55 |
| FLAVOURED LATTE *AVAILABLE ICED | \$4.95 | | \$5.55 | \$6.15 |
| CAPPUCCINO | \$4.45 | | \$4.95 | \$5.55 |
| MOCHA *AVAILABLE ICED | \$5.05 | | \$5.75 | \$6.25 |
| WHITE MOCHA *AVAILABLE ICED | \$5.05 | | \$5.75 | \$6.25 |
| CARAMEL MACCHIATO *AVAILABLE ICED | \$5.05 | | \$5.75 | \$6.25 |
| SWAP TO DAIRY ALTERNATIVE | | | | \$0.90 |
| SOY, OAT, ALMOND, CASHEW, COCONUT, LACTOSE FREE | | | | |
| ADD FLAVOURED SYRUP | | | | \$0.70 |
| VANILLA, SUGAR-FREE VANILLA, CARAMEL, HAZELNUT, TOFFEE NUT, PEPPERMINT, RASPBERRY, PEACH, CLASSIC | | | | |
| ADD ESPRESSO SHOT | | | | \$1.05 |
| ADD WHIPPED CREAM | | | | \$0.90 |

16OZ SMOOTHIES

THE CLASSIC

ALMOND MILK, BANANA, STRAWBERRY, VANILLA WHEY

\$10.50

CREAMSICLE

ALMOND MILK, ORANGE JUICE, MANGO, PEACH, VANILLA WHEY

\$10.50

VERY BERRY

COCONUT MILK, STRAWBERRY, BLUEBERRY, RASPBERRY, VANILLA WHEY

\$10.50

PEANUT BUTTER CUP

ALMOND MILK, BANANA, PEANUT BUTTER, CHOCOLATE WHEY

\$11.50

TROPICAL GREENS

ALMOND MILK, BANANA, MANGO, PINEAPPLE, SPINACH, VANILLA WHEY

\$12.00

GO NUTS

ALMOND MILK, BANANA, SPINACH, ALMOND BUTTER, CINNAMON
CHOCOLATE WHEY

\$13.25

ADD EXTRA PROTEIN

\$1.95

ADD ESPRESSO SHOT

\$1.05

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