

WHAT'S FRESH**Mixed Greens | 12**

Mixed baby greens tossed with raw root ribbons and toasted seeds, house maple sherry vinaigrette

Winter Cobb Salad | 15

Mixed greens, roasted squash, apple, crispy bacon, blue cheese, avocado, garlic roasted chicken breast and a hard boiled egg.

Choice of House Made Dressing:
Maple sherry vinaigrette, Ranch, or Pomegranate vinaigrette

WHAT'S FAST**Soup of the Day | Small 6, Regular 9**

Sometimes veggie, sometimes not, but always scratch-made from local, seasonal stuff when available, and served with challah toast. Available after 11am.

Daily Express Special 
(Monday to Friday, while quantities last)

Complete balanced meals, made fresh daily, hot & ready to serve, to eat in or to go.

11:45am to 1:45pm.

Drop in or follow us to stay hip!

ask
about
catering

**WHAT'S CRACKIN'**

All day breakfast available during all kitchen hours

Classic Breakfast | 11, upgrade to spicy candy bacon | +1 
2 Eggs almost any style, challah toast, mixed greens or fruit, your choice of traditional or peameal bacon or house sausage patties

Tofu Scramble | 12

Tofu seasoned with our special blend, with caramelized onion, spinach and roasted squash. Served with spicy candied tempeh and multigrain garlic toast

Breakfast Burrito | 8, with salad or fruit | 12 

Scrambled eggs, vegan baked beans, corn & red pepper salsa, avocado, roasted garlic mayo, smoked cheddar, scallions and cilantro, on a whole wheat wrap

WHAT'S HOT

All bowls are served on a choice of mixed greens or wild rice & quinoa and served with rainbow root ribbon slaw. Available after 11am.

Samsara Bowl | 12

Seared spiced tofu, winter pickles, green curry squash and lentils, cilantro, turmeric tamarind coconut sauce

Belly Bowl | 14

Slow-roasted, slightly spicy miso-glazed pork belly, house cabbage and daikon kimchi, cilantro, scallions & a fried egg

Fish Bowl | 15

Sesame poached albacore tuna loin, avocado, wasabi peas, crispy shallot, roasted garlic mayo, spicy sesame soy, scallion & cilantro

WHAT'S BETWEEN THE SHEETS

All sandwiches are served with a choice of side soup or salad. Multigrain and gluten free options available upon request. Available after 11am.

Avocado Toast | 12

Open-faced on sourdough topped with ripe avocado, goat's cheese, beet horseradish pickle, and 2 poached eggs

Spicy Bacon Club | 16

Candied spicy bacon, garlic roasted chicken, smoked cheddar, chipotle mayo, tomato and avocado, on toasted sourdough