

Early Bird Coffee & Kitchen

ALL DAY BRUNCH

Avocado toast \$9.20

Smashed or sliced avocado served on buckwheat sourdough with crème fraîche, parmigiano reggiano, chives, microgreens, and toasted seeds.

Gluten free option - Sweet potato.

Add fried or poached egg \$2.00

Add scrambled egg (2 eggs) \$4.00

Add poached egg with beet hollandaise \$2.80

Add bacon \$3.00

Hummus toast \$12.00

Housemade beet hummus served on buckwheat sourdough with sliced avocado, parmigiano reggiano, micro greens, and toasted seeds.

Gluten free option - Sweet potato.

Add fried or poached egg \$2.00

Add scrambled egg (2 eggs) \$4.00

Add poached egg with beet hollandaise \$2.80

Add bacon \$3.00

Nut butter toast (v) \$6.50

Nut butter, lemon thyme, seasonal fruits compote, hemp seeds, served on rye bread

Breakfast bowl (gf) \$12.85

Homemade polenta, dukkha, served with mushrooms, avocado, and an egg.

Add egg \$2.00

Add avocado slices \$2.50

Add bacon \$3.00

Breakfast sandwich \$9.15

Fried egg or scrambled egg, homemade turkey sausage, chipotle mayo, Dijon mustard, smashed avocado, and cheddar, served on a bun. Substitutions are not available.

Tuna sandwich \$12.40

Tuna, garlic mayo, mixed herb, boston lettuce, celery, onion, caper, olive, lime, scallion, Dijon mustard, served on buckwheat sourdough. Substitutions are not available.

Egg salad sandwich \$9.75

Egg, celery, onion, caper, mixed herb, Dijon mustard, lime, scallion, olive, served on buckwheat sourdough. Substitutions are not available.

Deli sandwich \$10.00

Salami, mortadella, Swiss cheese, sliced tomato, butter lettuce, garlic mayo, Dijon mustard, served on ciabatta. Substitutions are not available.

Tortilla Espanola

Baked eggs with potato, caramelized onion, and paprika.

Substitutions are not available.

1 slice \$7.45

Full size \$28.00

Overnight oats (v) \$6.50

Coconut milk, oats, housemade granola, peanut butter, coconut yogurt, sunflower seeds, pumpkin seeds, hemp seeds, cacao nibs, and seasonal fruits.

Chia seed pudding (v) (gf) \$6.50

Housemade almond milk, coconut yogurt, hemp seeds, cacao nibs, chia seeds, coconut flakes, and seasonal fruits

Granola parfait \$6.50

Housemade granola, Greek yogurt, hemp seeds, cacao nibs, coconut flakes, and seasonal fruits.

HOUSE-MADE BAKED GOODS

Energy ball

Small (6pcs) \$16.00

Large (12pcs) \$32.00

Muffin

Small (6pcs) \$18.00

Large (12pcs) \$36.00

Carrot cake

Small (6pcs) \$22.00

Large (12pcs) \$44.00

Chocolate toffee cookie

Small (6pcs) \$17.00

Large (12pcs) \$34.00

Banana bread (1 loaf) \$18.00

Dulce de leche banana (4 pcs) \$25.00

COFFEE

Coffee traveller (96oz) \$31.00

1 hour notice required

MINIMUM \$75 PER ORDER IS REQUIRED.

24 HOURS NOTICE REQUIRED.

(v) = vegan

(gf) = gluten free

