



LADY
marmalade
RESTAURANT

BREAKFAST

WE USE FREE RUN EGGS & 'ROWE FARM' MEATS, ORGANIC BREAD & LOCAL PRODUCE WHEN POSSIBLE

THE 2 EGGS 9.50-

POACHED OR SCRAMBLED, TOAST, POTATOES & SALAD OR TOMATOES

WITH BACON OR SAUSAGE OR AVOCADO 11.50-

CAN BE [GF]

A.M. POUTINE 8-

BAKED HASH BROWNS, CHEESE CURDS & MISO GRAVY OR HOLLANDAISE

+ 2 POACHED EGGS \$3.50

+ PULLED PORK \$3.50

+ BACON \$2.50

CAN BE [GF]

POACHED EGG B.L.T. 12.50-

ROASTED TOMATO, RED ONION, SPINACH, CHIPOTLE MAYO,
POTATOES & SALAD (SUB AVOCADO FOR BACON)

CAN BE [GF]

HUEVOS RANCHERITOS 12.50-

3 SCRAMBLED (OR POACHED) EGGS, CHEESE, CHILIES, SALSA,
GUACAMOLE, BLACK BEANS & ORGANIC WHEAT TORTILLA
(SUB ORGANIC TOFU FOR EGGS \$1)

CAN BE [GF]

HUEVOS MIGAS 13-

3 SCRAMBLED EGGS, CHEESE, SAUSAGE, PICO DE GALLO, BROWN RICE,
BLACK BEANS, SOUR CREAM & ORGANIC CORN CHIPS
(SUB ORGANIC TOFU FOR EGGS \$1)

[GF]

MOROCCAN SCRAMBLE 12.50-

ORGANIC TOFU OR 2 EGGS, BABY KALE, SPINACH, TOMATOES,
OLIVES, ONIONS, SPICED CHICKPEAS, AVOCADO, TOAST & SALAD

CAN BE [GF]

CREPE CROQUE MONSIEUR 12.50-

HAM (OR ROASTED VEGETABLES), AGED WHITE CHEDDAR,
MISO-SCALLION CREAM, POACHED EGGS, SPINACH & POTATOES

CHEDDAR & SPINACH WAFFLES 12.50-

TOMATO-ORANGE CREAM, ROASTED TOMATOES, BACON
(OR AVOCADO) & SALAD

+ 2 POACHED EGGS \$3.50

SIGNATURE BENNIES

SERVED WITH HOLLANDAISE, POTATOES & SALAD OR TOMATOES

CAN BE [GF]

FRESH TOMATO, CREAM CHEESE & PESTO 13-

ROASTED VEGETABLES & AGED CHEDDAR 13.50-

'COCHINITA PIBIL' PULLED PORK & CITRUS RED ONIONS 14.50-

CHEDDAR, BACON & MANGO SALSA 14.50-

BRIE, AVOCADO & BACON 15.50-

BUILD YOUR OWN BENNY

SERVED WITH HOLLANDAISE, POTATOES & SALAD OR TOMATOES

PLAIN BENNY 10-

+ SPINACH OR ROASTED TOMATOES \$1.50

+ AVOCADO \$2.25

+ BACON OR HAM OR AGED WHITE CHEDDAR OR BRIE \$2.50

SWEET THINGS

ORGANIC MULTIGRAIN PORRIDGE 9-

CARDAMON-BAKED APPLES, RASPBERRIES, SOUR CREAM

FRESH FRUIT CREPE 11-

YOGURT, HOUSE-MADE GRANOLA, BERRY COULIS & HONEY

DAILY BAKED BREAD PUDDING 12-

(OUR VERSION OF FRENCH TOAST, CHECK FOR AVAILABLE FLAVOURS)

FRESH FRUIT PARFAIT 10-

YOGURT, HOUSE-MADE GRANOLA, BERRY COULIS, HONEY & HALF A
CINNAMON BAGEL

SIDES

BAGEL (SESAME OR CINNAMON RAISIN) WITH BUTTER 3-
(ADD CREAM CHEESE \$0.50)

ORGANIC TOAST OR GLUTEN-FREE TOAST WITH BUTTER 3.50-

SALAD OR POTATOES OR BLACK BEANS 3.50-

2 EGGS (POACHED OR SCRAMBLED) 3.50-

HAM OR BACON OR SAUSAGE 3.50-

PICO DE GALLO OR TOMATO CHIPOTLE SALSA 2.50-

GUACAMOLE OR ORGANIC TORTILLA CHIPS 2.50-

FRESH FRUIT CUP 3.50-

PLEASE NOTE:

[GF] ARE GLUTEN-FREE ITEMS, PLEASE INFORM YOUR SERVER OF ANY ALLERGIES OR DIETARY RESTRICTIONS

WE ONLY ACCEPT CA\$H



LUNCH

SALADS & BOWLS

CRUNCHY THAI SLAW HALF 6.50- / FULL 9-

CILANTRO, MINT, THAI BASIL, PEANUTS, SWEET & SPICY GINGER DRESSING (NOT VEGETARIAN)

+ SPICY SALMON \$4.50

CAN BE [GF]

BIG GREEN SALAD HALF 7- / FULL 9.50-

GREENS, TOMATOES, CUCUMBERS, RED ONIONS, BELL PEPPERS, SUNFLOWER SEEDS, SOY-GINGER DRESSING

+ AVOCADO \$2.25 OR CHICKEN \$3.50

CAN BE [GF]

BABY KALE & SPINACH SALAD HALF 7.50- / FULL 10-

SPICED CHICKPEAS, AVOCADO, TOMATOES, RED ONIONS, WALNUTS, LEMON SUMAC DRESSING

+ 2 POACHED EGGS \$3.50 OR BACON \$2.50

[GF]

DAILY SOUP WITH LITTLE TOAST 6-

SOUP & GREEN SALAD 8.50-

BAJA RICE BOWL 11.50-

BROWN RICE, BLACK BEANS, AGED WHITE CHEDDAR, AVOCADO, PICO DE GALLO, SOUR CREAM & CITRUS RED ONIONS

+ CHICKEN OR PULLED PORK OR POACHED EGGS \$3.50

[GF]

MOROCCAN STEW 14.50-

FREE-RUN CHICKEN & VEGETABLES, COUS-COUS & SOUR CREAM
CAN BE [GF]

MEXICAN MEATBALL SOUP 14.50-

TOMATO-CHIPOTLE SOUP, BROWN RICE, AGED WHITE CHEDDAR, AVOCADO, CILANTRO CREMA & ORGANIC WHEAT TORTILLA

SANDWICHES

ALL SERVED WITH SOUP, GREEN SALAD OR POTATOES

THE CLUB 13-

BACON, CHICKEN, AVOCADO, TOMATOES, RED ONIONS & CHIPOTLE MAYO ON ORGANIC WHITE SOURDOUGH

CAN BE [GF]

SPICY WILD SALMON SANDWICH 14-

AVOCADO, MANGO SALSA, SPINACH, CHIPOTLE MAYO & CILANTRO ON ORGANIC WHITE SOURDOUGH

CAN BE [GF]

COCHINITA PIBIL BAGUETTE 13-

SLOW ROASTED YUCATECAN PULLED PORK, CITRUS RED ONIONS, AVOCADO & CILANTRO CREMA

MEXICAN MEATBALL BAGUETTE 13-

AVOCADO, TOMATO CHIPOTLE SALSA, AGED WHITE CHEDDAR, RED ONIONS, JALAPENOS & CILANTRO CREMA

B.A.B. BAGUETTE 13-

BRIE, AVOCADO, BACON, SPINACH, RED ONION & MANGO SALSA
CAN BE [GF]

MADRE TIERRA 12-

ROASTED VEGETABLES, BABY KALE, CREAM CHEESE & BASIL PESTO ON ORGANIC WHOLE WHEAT SOURDOUGH

CAN BE [GF]

LA TORTITA-GORDITA BAGUETTE 13-

HAM, AGED WHITE CHEDDAR, AVOCADO, BEANS, PICO DE GALLO, JALAPENOS, MAYO & CILANTRO

DRINKS

HOT

BOTTOMLESS COFFEE 2.50-

ESPRESSO/AMERICANO 2.75-

CORTADO 3.25-

CAPPUCCINO 3.50-

LATTE 4-

CAFE MOCHA 4.50-

LONDON FOG 3.50-

CHAI LATTE 3.50-

HOT CHOCOLATE WITH MARSHMALLOWS 3.50-

HONEY-GINGER TEA 2.50-

LOOSE LEAF TEA 2.50-

(ENGLISH BREAKFAST, EARL GREY, CHAI, GREEN, MOROCCAN MINT, SENCHA PEACH & APRICOT, PEPPERMINT, SWEET ORANGE ROOIBOS, CHAMOMILE, FRUIT & BERRY TISANE, GINGER LIME TISANE)

COLD

FRESH ORANGE OR GRAPEFRUIT JUICE 3.50-

FRESH PRESSED APPLE 3-

VIRGIN CAESAR 4-

COKE/DIET COKE/GINGER ALE 2.50-

PERRIER 3-

COCONUT WATER 3-

HOUSE-MADE LEMONADE 3-

HOUSE-MADE ICED TEA (UNSWEETENED) 3-

SMOOTHIES 6-

BANANA OR MANGO OR STRAWBERRY OR RASPBERRY

ADD A FRUIT \$0.50

PEANUT BUTTER BANANA SHAKE 6-

SUB ORGANIC ALMOND OR SOY MILK 0.50-

PLEASE NOTE:

[GF] ARE GLUTEN-FREE ITEMS, PLEASE INFORM YOUR SERVER OF ANY ALLERGIES OR DIETARY RESTRICTIONS
WE ONLY ACCEPT CASH