

BREAKFAST

we use free run eggs, quality meats, sustainable fish & local produce when possible

THE 2 EGGS | 9.5

poached or scrambled, sourdough toast, home fries & salad or tomatoes

with bacon or sausage or avocado | 12

A.M. POUTINE | 8

home fries, cheese curds with miso gravy or hollandaise

+ 2 poached eggs or pulled pork | 3.5

+ bacon | 2.5

HUEVOS RANCHERITOS | 13

3 scrambled (or poached) eggs, cheese, chilies, salsa, guacamole, black beans & organic wheat tortilla

(sub organic tofu for eggs)

HUEVOS MIGAS | 13.5

3 scrambled eggs, cheese, sausage, pico de gallo, brown rice, black beans, sour cream & organic corn chips (sub organic tofu for eggs)

MOROCCAN SCRAMBLE | 13

organic tofu or 2 eggs, baby kale, spinach, tomatoes, olives, spiced chickpeas, avocado, toast & salad

CREPE CROQUE MONSIEUR | 13

ham, cheddar, scallion cream with poached eggs, spinach & home fries (sub roasted veg for ham)

POACHED EGG B.L.T. | 13

bacon (or avocado), roasted tomato, red onion, spinach, chipotle mayo, home fries & salad

CHEDDAR & SPINACH WAFFLES | 13

bacon (or avocado), tomato-orange cream, roasted tomatoes & salad

+ 2 poached eggs | 3.50

LM EGGS BENEDICT

served with hollandaise, home fries & salad or tomatoes

ROASTED VEGETABLES, BABY KALE & CHEDDAR | 14

COCHINITA PIBIL PULLED PORK & CITRUS ONIONS | 14.5

CHEDDAR, BACON & MANGO SALSA | 14.5

HOUSE CURED SALMON & HERBED CREAM CHEESE | 15

BRIE, AVOCADO & BACON | 15.5

BUILD YOUR OWN BENNY

PLAIN BENNY | 10.5

+ spinach or roasted tomatoes | 1.5

+ avocado | 2.50

+ bacon or ham or cheddar or brie | 2.5

ORGANIC MULTIGRAIN PORRIDGE | 9

seasonal fruit, sour cream & Ontario maple syrup

GRANOLA BOWL | 8

balkan yogurt, house granola, pepitas, fruit & honey

FRESH FRUIT CREPE | 11

balkan yogurt, house granola, berry coulis & honey

DAILY BAKED BREAD PUDDING | 12.5

with fresh fruit, berry coulis & Ontario maple syrup

SIDES & EXTRAS

sesame bagel with cream cheese _____ 3.5

sourdough toast with butter _____ 3.5

gluten free toast with butter _____ 4

2 eggs _____ 3.5

bacon / sausage / ham _____ 3.5

salad / home fries _____ 3.5

black beans _____ 3.5

guacamole / pico de gallo _____ 2.5

organic tortilla chips _____ 2.5

fruit cup _____ 3.5

Ontario maple syrup _____ 1

hollandaise _____ 2.5



** please inform your server of any allergies or dietary restrictions, vegetarian & gluten free substitutions are available for most menu items, please ask your server **

LUNCH

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SALADS & BOWLS

CRUNCHY THAI SLAW | 10

purple & white cabbage, cilantro, mint, thai basil, peanuts in a sweet & spicy ginger dressing (not veg)
+ poached salmon | 5 / seared tofu | 2.5

SPICED CHICKPEA SALAD | 10

chickpeas, avocado, tomatoes, cucumbers, greens, walnuts in a lemon sumac dressing
+ poached eggs | 3.5 / chicken | 3.5

BABY KALE & BEET SALAD | 10

sprouted lentils, pickled beets, citrus red onions, pepitas in an apple cider vinaigrette
+ poached eggs | 3.5 / bacon | 2.5

DAILY SOUP WITH A LITTLE TOAST | 6

SOUP & GREEN SALAD | 9

BAJA RICE BOWL | 11.5

brown rice, black beans, cheddar, avocado, pico de gallo, sour cream & citrus red onions
+ chicken or pulled pork or poached eggs | 3.5

MEXICAN MEATBALL SOUP | 14.5

tomato chipotle soup, cheddar, avocado, cilantro crema, brown rice & organic wheat tortilla

DRINKS

HOT

bottomless drip coffee _____	2.75
espresso / americano _____	3
cortado _____	3.25
cappuccino _____	3.5
latte _____	4
café mocha _____	4.5
london fog / chai latte _____	4
hot chocolate with marshmallows _____	4
honey ginger tea _____	2.75
loose leaf tea _____	2.75
(english breakfast, earl grey, chai, green, moroccan mint, peppermint, orange rooibos, chamomile, fruit tisane)	

SANDWICHES on sourdough bread

*all served with soup, green salad or home fries

THE CLUB | 13

bacon, chicken, avocado, tomatoes, lettuce, red onion & chipotle mayo

SPICY SALMON | 15

sustainable salmon, avocado, mango salsa, spinach & chipotle mayo

MADRE TIERRA | 12

roasted vegetables, smoky ajvar, baby kale & herbed cream cheese

TORTAS on crusty buns

*all served with soup, green salad or home fries

COCHINITA | 13

pulled pork, avocado, citrus red onions & cilantro crema

MEATBALL | 13

avocado, chipotle salsa, cheddar, citrus red onions & cilantro crema

BLACK BEAN & CHEDDAR | 12

cheddar, black beans, avocado, pico de gallo, citrus red onions & mayo
+ ham | 2

COLD

fresh orange / fresh grapefruit _____	3.5
fresh pressed apple _____	3
(ask your server about daily juices)	
virgin caesar _____	4
coke / diet coke / ginger ale _____	2.5
perrier _____	3
house lemonade _____	3
house iced tea (unsweetened) _____	3
smoothies _____	6
(banana / mango / strawberry / raspberry)	
peanut butter shake _____	6
sub organic soy / organic almond milk _____	0.5

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