



(V-vegan, v-vegetarian, gf-gluten free, df-dairy free, \*-by request, \*\*-as available)  
~All Prices include HST~

**BREAKFAST - Breakfast items are available Saturday & Sunday until noon\*\***

Peameal on a Bun <b>\$10</b> (available all day)	Oatmeal & apple jam <b>\$4</b> (V, gf)
BLT on a Bun <b>\$10</b> (available all day)	Oatmeal & berries <b>\$4</b> (V, gf)
<b>Add cheese to the above – \$1</b>	Yogurt & fruit (available all day) <b>\$6</b> (v, gf)
Egg & Cheese <b>\$6</b> (v)	Vegan sausage & Daiya cheez <b>\$8</b> (V)
Egg, Cheese & Bacon <b>\$8</b>	Breakfast burrito <b>\$9</b> (v*) – egg, cheese, bacon, salsa

**BOWLS**

Mac & Cheese **small \$7 / large \$10** – (v) macaroni noodles tossed in a scratch made cheddar cheese sauce with a toasted bread crumb topping

Soups **\$6 / \$9** – (v/V \*/\*\*) will have two options available all day\*\* to cater to all tastes and diets

Chili **\$7 / \$10** – (gf/df) a delightfully spiced mix of beans, Sims Farm ground beef, and veggies **add cheese or sour cream \$1 ea**

Vegan Chili **\$6 / \$9** – (V/gf) tomatoes, beans, corn & veggies with minced mushrooms **add daiya \$1**

Taco Salad **\$13** – (gf, V/v\*) garden salad topped with chili, shredded cheddar & salsa

Garden Salad **\$9** – (V\*/gf) lettuce & baby greens, cucumber, tomato, onions, cabbage & peppers

Greek Salad **\$11** – same as above with Feta & Kalamata Olives

Mediterranean Rice Bowl **\$11** – brown rice with roasted veggies, chickpeas, tomatoes & greek vinaigrette

**Additions to salads or rice bowl: feta or cheddar \$1 – chicken/tofu \$4**



### **BIG BITES – Served FRESH or GRILLED**

Pesto & Brie Wrap **\$13** – (nuts & dairy) with greens & Chicken **or** Marinated Tofu

Roasted Veg & Hummus Wrap (V) **\$11.50** – roasted veggies, hummus & greens

Roast Beef Panini **\$13.50** – shaved Sims' Farm roast beef, sautéed onions, cheddar & aioli

Muffaletta Panini **\$13.50** – assorted Italian meats, provolone & a pickled olive salad

BLT **\$10** – on a Kawartha Wholesale Bakery kaiser **add cheese \$1**

Peameal **\$10** – peameal bacon & sautéed onions **add cheese \$1**

### **Small Bites & Sweets**

Yogurt & Fruit **\$6** – plain Greek yogurt & maple berry compote

Buttertart **\$3.50** – select varieties of handmade gooey goodness

Cupcake **\$4.50** – freshly baked gourmet cupcake

### **Beverages**

Coffee/Tea/Hot Chocolate - **\$2.50**

Can Drinks (Coke, Diet Coke, Ginger ale, Sprite, Iced Tea, Club Soda, Bubly) - **\$2.50**

Juice - **\$2.50**

Bottled Water - **\$1.50**