

# Breakfast



brew

HAM & SWISS  
CROISSANT 9.85  
with fried egg

TACO BEEF & EGG WRAP 11.75  
manchego cheese, corn, salsa,  
sour cream. gluten free wrap

BREAKFAST BAGEL  
cream cheese, manchego,  
tomato salsa

half bagel 6.50  
whole bagel 10.35

SAUSAGE, EGG &  
CHEESE BISCUIT 8.50

SMOKED SALMON BAGEL  
dill cream cheese, onion jam

half bagel 12.75  
whole bagel 17.10

SPICY EGG BISCUIT 8.05  
cheddar, chipotle mayo,  
fried jalapenos

**IMPOSSIBLE** EGG &  
CHEESE BISCUIT 8.25

FETA & SPINACH  
WRAP \$11.40  
chipotle mayo, egg white

YOGURT BOWL 12.75  
blueberries, coconut, granola,  
chia, banana

BREAKFAST QUICHE 11.75  
market ingredients, oven warmed

FRESH FRUIT CUP 10.25

ASSORTED PASTRIES 4.20

# Sandwiches & Such



brew

## ROAST PORK LOIN 13.95

Carolina BBQ sauce, arugula, manchego cheese

## FIRE GRILLED CERTIFIED ANGUS SKIRT STEAK 18.50

sliced beef, provolone cheese, arugula, house chimichurri

## OPEN FLAME GRILLED CHICKEN 13.75

sriracha mayo, spinach, crisp bacon, avocado

## PAN SEARED WAHOO 14.50

citrus chili marinade, carrot slaw, lemon aioli

## ROAST TURKEY 14.25

local rosemary marinade, cranberry chutney, avocado, crunchy onions

## PHILLY CHEESESTEAK 16.25

sliced beef, caramelized onions, peppers, four cheese blend

## ALBACORE TUNA MASH 13.75

giardinara (italian pickle), basil pesto, spinach, parmesan

## CRISP CHICKEN BREAST 13.75

panko fried, buffalo hot sauce, whipped blue cheese, crunchy onions

## HOMEMADE FALAFEL 14.50

hummus, carrot slaw, radish, arugula, balsamic vinaigrette

## ROASTED LAMB LEG 18.50

red onion chutney, sautéed spinach, harissa mayo, feta cheese

## LUNCH QUICHE 15.95

market ingredients, mixed green salad, house dressing

MIXED GREEN SALAD with any sandwich, house dressing 5.95

# BOWLS & Smoothies



brew

## SUPERFOOD 17.50

spinach, roasted beets, blackberries  
spiced chickpeas, quinoa, broccoli,  
baked tofu, ginger passionfruit dressing

## PULLED CHICKEN 15.50

quinoa, avocado, corn tortillas, kale,  
parmesan, cabbage, chipotle balsamic

## GRILLED SALMON 16.50

mixed greens, blueberries, almonds,  
orzo pasta, blue cheese,  
lemon basil dressing

## ASIAN CHICKEN 15.50

soba noodles, grilled chicken, broccoli,  
cabbage, carrots, cauliflower,  
soy citrus dressing

## PANKO CHICKEN 15.00

fried chicken, cherry tomatoes,  
charred red onions, romaine,  
cheddar, chimichurri ranch

## HOUSEMADE FALAFEL 14.50

roasted peppers, feta cheese,  
spinach, quinoa, purple cabbage,  
lemon hummus dressing

## BEEF TACO 16.50

mixed greens, ground beef, tomato,  
cheddar cheese, corn, black bean,  
tortilla chipotle dressing

## JAVA JIVE GUACAMOLE 14.50

tortilla chips

## WHOLE FRUIT SMOOTHIES

	12OZ. REG.	16OZ. LARGE
PICK ME UP - banana, coffee, cashew, cocoa	9.95	11.35
PURPLE HAZE - blueberries, coconut, mint, lime, honey	9.95	11.35
GREEN MACHINE - kale, banana, peanut butter, cinammon	9.95	11.35
BREAKFAST LASSI - mango, peach, ginger, yogurt, honey	9.95	11.35
MANGO MATCHA - matcha, mango, lime juice, yogurt	9.95	11.35
PINK FLAMINGO - strawberry, mango, banana, yogurt, honey	9.95	11.35

### ADD-INS

MILK 0.85    SOY, ALMOND OR OAT MILK 0.99  
FLAVOUR SYRUP SHOT 1.65    PROTEIN POWDER 2.05

# Coffee & Such



brew

## Espresso BREW (singles OR Doubles)

- ESPRESSO 3.20 - 4.30
- ESPRESSO CON PANNA/MACHIATTO 4.15 - 5.20
- CAFÉ AMERICANO 4.05 - 4.80
- CAPPUCCINO/CAFFÉ LATTE 5.65 - 7.00
- CAFÉ AU LAIT 5.65 - 7.00
- CAFÉ MOCHA 6.90 - 8.40
- CARMELOTTO CAFFÉ 6.90 - 8.40  
espresso, milk, caramel, almond
- LAVENDER HONEY LATTE 7.50 - 8.75
- DIRTY CHAI 6.65 - 7.75  
chai latte, shot of espresso
- FLATWHITE 5.30  
equal parts espresso & steamed milk

## BREW Coffee & Tea

(12oz. OR 16oz.)

- ILLY DRIP COFFEE 3.95 - 4.70
- HARNEY & SONS FINE TEAS 3.60
- CHAI TEA 4.15 - 4.95
- LONDON FOG 4.80 - 5.35  
earl grey tea, vanilla syrup, steamed milk

## BREW Frappé

Blended frozen coffee

- CHOCOLATE MOCHA \$9.55  
(chocolate syrup, espresso, milk)
- FRENCH VANILLA  
ESPRESSO \$9.55  
(vanilla syrup, espresso, milk)
- CURLYWURLY FRAPPÉ \$9.55  
(OR any flavour shot)
- STRAWBERRY CHAI \$9.55  
(strawberries, chai, milk)

## NO BREW (coffeeless)

(12oz. OR 16oz.)

- CHAI LATTE 6.15 - 7.25
- HOT CHOCOLATE 5.99 - 7.00
- STEAMED VANILLA MILK 5.75 - 6.85  
(OR any flavour shot)
- MATCHA LATTE 6.15 - 7.25
- LAVENDER LEMONADE 5.85

**BREW  
On Tap**

- COLD BREW (cold steeped for 24 hours) 16oz. 5.65
- NITRO BREW (nitrogen injected cold brew) 10oz. 5.65 15oz. 7.65