



### FRENCH TOAST - PANCAKES - BLINTZES - FRUIT

<b>Challa French Toast</b> Served with maple syrup	<b>\$ 10.99</b>	<b>Pancakes</b>	<b>\$ 10.99</b>
<b>Cheese Blintzes</b> Served with strawberry coulis & sour cream	<b>\$ 12.49</b>	<b>Pancakes Supreme</b> 3 pancakes topped with strawberries, bananas, roasted walnuts, whipped cream and drizzled with strawberry coulis and chocolate sauce	<b>\$ 13.99</b>
<b>Fruit Salad (small)</b> Seasonal fruit	<b>\$ 5.99</b>	<b>Toppings: \$ 2.00</b> Banana, Strawberry, Blueberry, Nutella	
<b>Granola Fruit Crunch</b> Seasonal fruit, greek yogurt & granola	<b>\$ 10.99</b>		

### SIDES, SCOOPS & ADDITIONS

Cream Cheese	S. \$2.00 - L. \$ 4.00	Home Fries	\$ 3.99
Flavoured Cream Cheese	\$ 4.49	Tuna Salad	\$ 5.00
Feta Cheese	\$ 2.00	Egg Salad	\$ 4.00
Goat Cheese	\$ 2.00	Hard Boiled Egg	\$ 1.99
Cottage Cheese	\$ 3.99	Grilled Chicken	\$ 5.99
Avocado	\$ 2.00	Turkey Bacon (3)	\$ 4.99
Sliced Tomatoes	\$ 1.49	Salami (3)	\$ 4.99
Sliced Cucumbers	\$ 1.49	Smoked Salmon (4)	\$ 8.49
Hummus	\$ 2.99	Bagel & Butter	\$ 1.99
Nutella	\$ 2.00	Twister	\$ 2.25
		Bagel / Bread / Pita	\$ 1.49

### FROM THE BAKERY

**\*All bakery items available. Please ask your server**

<b>Rugulah (4)</b> Chocolate, Raspberry, Raisin, Apricot	<b>\$ 7.99</b>	<b>Croissant</b>	<b>\$ 2.49</b>
<b>Chocolate Buffalo</b>	<b>\$ 5.49</b>	<b>Cheese Danish</b>	<b>\$ 4.49</b>

### Drinks:

Freshly Squeezed Juice (Orange, Grapefruit)	<b>\$ 3.49 / \$ 4.49</b>
Milk 2%	<b>\$ 2.25 / \$ 3.95</b>
Chocolate Milk	<b>\$ 2.75 / \$ 4.45</b>
San Pellegrino	<b>\$ 3.00</b>
Spring "Nectar" (Mango, Strawberry / Banana, Peach)	<b>\$ 3.25</b>
Bottled Water	<b>\$ 2.75</b>
Soft Drinks	<b>\$ 2.50</b>

### Tea:

Nana Mint Tea	<b>\$ 3.45</b>
Mighty Leaf Herbal Tea (assorted)	<b>\$ 3.00</b>
Twining (assorted)	<b>\$ 2.25</b>

### Coffee:

Illy Brewed Coffee	<b>\$ 2.25</b>
Espresso	<b>\$ 1.95 / \$ 2.95</b>
Cappuccino	<b>\$ 3.99</b>
Latte	<b>\$ 3.99</b>
Americano	<b>\$ 2.85</b>
Cafe au Lait	<b>\$ 3.45</b>
Hot Chocolate	<b>\$ 2.95</b>
Extra Shot of Espresso	<b>\$ 0.95</b>

### Iced Coffee:

Illy Iced Coffee	<b>\$ 2.75</b>
Iced Latte	<b>\$ 3.99</b>

**Substitute or add-on : Almond Milk \$1.00 Steamed Milk \$0.75**

### HEART SMART BREAKFAST \$ 11.49

Poached eggs, cottage cheese, fresh fruit and a whole wheat bagel or bread

### EARLY BIRD BREAKFAST SPECIAL \$ 7.49

Two eggs, sliced tomatoes and cucumbers, toasted bagel and a coffee  
Available Monday to Friday (except holidays) from 8:00am to 10:30am

**(No Substitutions)**

### EGGS / OMELETTES (3 EGGS)

Served with a Toasted Bagel, Bread or \*Twister (\*add \$0.75) Cream Cheese, House Salad or Home Fries  
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home Fries Supreme or Soup for \$ 1.99

<b>Two Eggs</b>	<b>\$ 9.99</b>	<b>Scrambled Egg Whites</b>	<b>\$ 10.99</b>
<b>Three Eggs</b>	<b>\$ 11.99</b>	<b>Scrambled Eggs with Smoked Salmon &amp; Onions</b>	<b>\$ 12.49</b>
		<b>Egg Only- individual, any style</b>	<b>\$ 1.99</b>

<b>Cheese</b>	<b>\$ 12.49</b>	<b>Mushroom</b>	<b>\$ 13.49</b>
<b>Vegetarian</b> Red peppers, red onions & mushrooms	<b>\$ 12.99</b>	Mushrooms & choice of cheese	
<b>Greek</b> Feta cheese, red onions, tomatoes & red peppers	<b>\$ 13.49</b>	<b>Smoked Salmon</b>	<b>\$ 14.49</b>
<b>Salami</b> Diced salami & red onions	<b>\$ 13.49</b>	Smoked salmon, red onions, goat cheese & spinach	
<b>Southwestern</b> Avocado, jalapeños, sautéed onions, green & red peppers & cheddar cheese served with sour cream & salsa	<b>\$ 14.49</b>	<b>Heart Smart</b>	<b>\$ 13.49</b>
<b>Meat Lovers</b> Chopped chicken, salami, turkey bacon, portabello mushrooms & green peppers	<b>\$ 14.49</b>	Egg whites, spinach, feta cheese & tomatoes	
		<b>Custom (select three:)</b>	<b>\$ 13.99</b>
		Cheddar, goat, feta, swiss, mozzarella, havarti, basil, red onions, red peppers, green peppers, mushrooms, tomatoes, spinach, chicken, salami, smoked salmon	

**Egg Whites \$ 1.50   Add Vegetable \$ 1.50   Add Protein \$ 2.60**

### BENEDICTS

Served with House Salad or Home Fries  
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home Fries Supreme or Soup for \$ 1.99

<b>Benedict Florentine</b> Poached eggs on a toasted english muffin with spinach & hollandaise	<b>\$ 12.99</b>	<b>Smoked Salmon Benedict</b>	<b>\$ 14.49</b>
<b>What a Benedict</b> Poached eggs on a toasted english muffin with grilled tomatoes, sautéed mushrooms, grilled red peppers & hollandaise	<b>\$ 13.49</b>	Poached eggs on a toasted english muffin with spinach, smoked salmon & hollandaise	
<b>Southwestern Benedict</b> Poached eggs on a toasted english muffin with avocado, tomato salsa, chives & hollandaise	<b>\$ 13.49</b>	<b>Meat Benedict</b>	<b>\$ 14.49</b>
		Poached eggs on a toasted english muffin with turkey bacon, salami, caramelized onions & hollandaise	
		<b>Latka Salmon Benedict</b>	<b>\$ 15.99</b>
		Poached eggs on potato latkas with dill cream cheese and smoked salmon	

### SHAKSHUKA

Poached eggs in a warm mediterranean tomato salsa **\$ 12.99**  
Served with white or whole wheat pita  
Add goat, feta or cheddar cheese \$ 2.00



### SHAREABLES

<b>Scoop Platter</b>	<b>\$ 14.49</b>	<b>Smoked Salmon Slices (4)</b>	<b>\$ 8.49</b>
Tuna salad, egg salad, cream cheese & an assortment of vegetables * Sub for tuna \$1.99			
<b>Smoked Salmon Platter</b>	<b>\$ 17.49</b>	<b>Sweet Potato Fries</b>	<b>\$ 4.49</b>
Smoked salmon, capers, cream cheese & an assortment of vegetables			
<b>Breakfast Quesadilla</b>	<b>\$ 13.99</b>	<b>Home Fries Supreme</b>	<b>\$ 4.49</b>
Scrambled eggs with sauteed red & green peppers, red onions, tomatoes, cheddar & mozzarella cheese in a quesadilla, topped with salsa and spicy aioli			
<b>Add Chicken</b>	<b>\$ 4.50</b>	<b>Warm Mini Bourekas (4)</b>	<b>\$ 5.49</b>
<b>Add Avocado</b>	<b>\$ 2.00</b>	Cheese, Potato, Cheese & Olives, Spinach	

### SALADS

<b>Middle Eastern</b>	<b>\$ 10.99</b>	<b>Santa Fe</b>	<b>\$ 14.99</b>
Finely chopped cucumbers, tomatoes, red onions & parsely with a lemon vinaigrette			
<b>Caesar</b>	<b>\$ 9.99</b>	<b>What-A-Bagel</b>	<b>\$ 12.49</b>
Romaine lettuce, parmesan cheese & croutons with a creamy caesar dressing			
<b>Greek</b>	<b>\$ 12.99</b>	<b>Mediterranean Quinoa</b>	<b>\$ 13.49</b>
Romaine lettuce, hard boiled egg, cucumbers, cherry tomatoes, red onions, kalamata olives & feta cheese with an oregano vinaigrette			
<b>House</b>	<b>\$ 9.99</b>	<b>Create Your Own Salad</b>	<b>\$ 12.49</b>
Mixed greens, romaine lettuce, cherry tomatoes, cucumbers & shredded carrots with a balsamic vinaigrette			
<b>Cobb</b>	<b>\$ 14.99</b>	<b>Add:</b>	
Romaine lettuce, avocado, grilled chicken breast, hard boiled egg, tomatoes & crumbled blue cheese or feta with a lemon vinaigrette			
<b>Mediterranean Chicken</b>	<b>\$ 14.99</b>	Grilled Chicken Breast	<b>\$ 5.49</b>
Mixed greens, romaine lettuce, grilled chicken, chopped tomatoes, cucumbers, roasted red peppers, chickpeas, red onion, feta cheese and kalamata olives with a lemon vinaigrette			
		White Tuna Salad	<b>\$ 5.00</b>
		Egg Salad	<b>\$ 3.49</b>
		Avocado	<b>\$ 2.00</b>
		Hard Boiled Egg	<b>\$ 1.99</b>
		Feta Cheese	<b>\$ 2.00</b>
		Goat Cheese	<b>\$ 2.00</b>

**Soup of the Day \$ 5.99**

### CLASSIC SANDWICHES

Served with a Toasted Bagel, Bread or \*Twister (\*add \$1.75) House Salad or Home Fries  
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home Fries Supreme or Soup for \$ 1.99  
Sub to Flavoured Cream Cheese \$ 0.99

<b>Tuna Salad</b>	<b>\$ 11.99</b>	<b>Cream Cheese</b>	<b>\$ 10.49</b>
<b>Egg Salad</b>	<b>\$ 10.49</b>	<b>Cream Cheese &amp; Smoked Salmon</b>	<b>\$ 12.99</b>

### SPECIALTY WRAPS & SANDWICHES

Served in a Wrap, on Whole Wheat Bread or Baguette with House Salad or Home Fries  
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home fries Supreme or Soup for \$ 1.99

<b>Chipotle Chicken &amp; Avocado</b>	<b>\$ 14.49</b>	<b>Mediterranean Breakfast Wrap</b>	<b>\$ 13.49</b>
Grilled chicken breast, avocado, chipotle mayo, red onions, tomatoes & lettuce			
<b>Chicken Schnitzel</b>	<b>\$ 14.49</b>	<b>Grilled Cheese</b>	<b>\$ 9.99</b>
Schnitzel, hummus, middle eastern salad & pickles on a challah bun			
<b>Chicken Club</b>	<b>\$ 14.49</b>	<b>Avocado &amp; Fried Egg Grilled Cheese</b>	<b>\$ 14.49</b>
Grilled chicken, turkey bacon, mayo, lettuce & tomatoes on challah or whole wheat bread			
<b>Tuna Melt</b>	<b>\$ 12.99</b>	<b>Avocado Toast</b>	<b>\$ 14.49</b>
White tuna salad with sliced tomatoes & melted cheese (cheddar or mozzarella)			
<b>Protein Plus</b>	<b>\$ 14.49</b>	<b>Add cheese to any sandwich for \$ 1.50</b>	
White albacore tuna, avocado, egg white omelette, sliced tomato on multigrain bread			

### JERUSALEM TOAST

Served on a Jerusalem Bagel with House Salad or Home Fries  
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home Fries Supreme or Soup for \$ 1.99

<b>Mushroom</b>	<b>\$ 13.49</b>	<b>Tuna</b>	<b>\$ 13.49</b>
Sauteed mushrooms, red onions, mozzarella, goat cheese & tomato salsa			
<b>Za'atar</b>	<b>\$ 13.49</b>	<b>Egg</b>	<b>\$ 13.49</b>
Green olives, mozzarella, goat cheese, tomato salsa & za'atar			
Hard boiled egg, mozzarella, feta cheese & tomato salsa			