

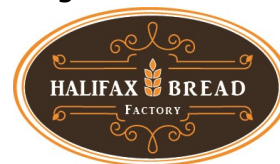
Summer Menu

Hand Crafted Sandwiches

made using *Locally* made breads, house roasted natural meats & fresh veggies. Daily offerings may include the following:

Breakfast Wrap (VEG)	\$5.50
Chicken Pesto	\$8.95
Chicken Tikka Wrap	\$8.95
Inhouse Smoked Chicken Wrap	\$8.95
Pictou Ham & Cheese	\$8.95
Grilled Cheese (VEG)	\$5.50
Traditional Egg Salad (VEG)	\$7.25
Tuna Salad	\$7.25

Soup of the Day with biscuit	\$6.00
Roasted Beet Salad (GS VEG)	\$6.50
Garden Salad (GS V)	\$6.00
Caesar Salad	\$6.50
Kale Salad (GS V)	\$6.50
9" Pizza -<i>Halifax Bread</i> dough	\$6.25
Chef's Special with mixed greens or kettle chips!	\$9.95



ADD *House Made* KETTLE CHIPS OR MIXED GREENS WITH *House Made* DRESSING \$1.50

Pots

Seasonal Fruit Salad (V)	\$5.00
Yoghurt & Granola (VEG)	\$5.00
Chia Parfait (GS V)	\$5.25
Snack Pack	\$6.00
Garden Veggie & Dip (GS VEG)	\$5.50
Salad Snack	\$4.00

Bites -Mix & Match!

Energy (GS DF V)	
Granola (GS VEG)	
Brownie	
\$1.50 each \$4.00 for 3 \$14.00 for 12	
Cookie of the Day	\$1.70
Kettle Chips (GS V)	\$1.50
Glory Pops	\$4.00

Beverages

Pop Culture Kombucha	\$4.00
Aquafina Bottled Water	\$2.25
Montellier Sparkling Water	\$2.25
Soft Drinks Pepsi Products	\$2.25
Gatorade	\$2.25
Oasis Juice	\$2.75

Fruit Smoothies

MANGO-NIFICENT	<i>Snack</i> \$4.00
KALE 'EM WITH GREEN-NESS	
A BERRY GOOD SMOOTHIE	<i>Large</i> \$7.00

***Nova* Coffee & *Numi* Tea 12 oz** \$2.25

BYCO \$1.25

