



Sandwich Menu

Add a side of Quinoa Salad to any \$2.50

- ➤ Chicken & Brie.....\$10.25
Ciabatta, bruschette, spinach, chicken, brie.
 - ➤ Garden Vegetable (Vegan).....\$9.00
Organic multigrain, avocado hummus, cucumber, leafy greens, sprouts.
 - ➤ Curry Chicken Wrap.....\$10.00
Naan, leafy greens, curry chicken salad.
 - ➤ Albacore Tuna Melt.....\$10.00
Ciabatta, provolone, tomato, tuna salad, leafy greens, aioli.
 - ➤ Grove Club.....\$10.25
Ciabatta, tomato, leafy greens, chicken, bacon, aioli.
 - ➤ Down Home Donair.....\$10.50
Naan, provolone, green onions, tomato, donair, sauce.
 - ➤ Grilled Cheese.....\$6.25
Ciabatta, provolone.
 - ➤ Quinoa Power Bowl (Vegan, Gluten-Free).....\$10.00
Spinach, quinoa, cucumber, bell peppers, edamame, SD tomatoes, green onions, chia seeds, hemp hearts, nutritional yeast, sprouts.
- Add: ➤ ➤ Avocado Hummus.....\$3.50
 ➤ ➤ Curry Chicken.....\$4.00
 ➤ ➤ Tuna Salad.....\$4.00



Morning Menu

Served until 11:30am

- Garden Egg Bite (Gluten-Free, Vegetarian).....\$2.75
Egg, cheddar cheese, garden vegetables.

- Breakfast Biscuit (Vegetarian).....\$4.75
Toasted tea biscuit, garden egg bite, aioli.

- Avocado Toast (Vegetarian).....\$8.00
Toasted multigrain, avocado hummus, tomato, chia seeds, hemp hearts, aioli.

- NB Blueberry Smoothie (Vegan).....\$6.00
Almond milk, banana, NB blueberries, almond butter, chia seeds, hemp hearts, cinnamon.

- Lemon Cranberry Muffin.....\$3.50

- Side of Bacon.....\$1.00