



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
- ➔ The Brittany Bowl (Gluten-free).....\$9.00
A bed of spinach with two scoops of protein. Choose two scoops of the same protein or mix and match! Protein options include: Curry Chicken, Avocado Hummus & Tuna Salad.



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