



Sandwich Menu

Add a side of Quinoa Salad to any \$2.50

- Chicken & Brie.....\$10.75
Ciabatta, bruschette, spinach, chicken, brie.
- Garden Vegetable(Vegan).....\$9.75
Organic multigrain, avocado hummus, cucumber, leafy greens, sprouts.
- Curry Chicken Wrap.....\$10.75
Naan, leafy greens, curry chicken salad.
- Albacore Tuna Melt.....\$10.75
Ciabatta, provolone, tomato, tuna salad, leafy greens, aioli.
- Grove Club.....\$11.00
Ciabatta, tomato, leafy greens, chicken, bacon, aioli.
- Down Home Donair.....\$11.25
Naan, provolone, green onions, tomato, donair, sauce.
- Grilled Cheese.....\$7.00
Ciabatta, provolone.

- Quinoa Power Bowl(Vegan,Gluten-Free).....\$10.50
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).....\$9.50
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).....\$4.85
Toasted tea biscuit, garden egg bite, aioli.

- Avocado Toast(Vegetarian).....\$8.25
Toasted multigrain, avocado hummus, tomato, chia seeds, hemp hearts, aioli.

- NB Blueberry Smoothie(Vegan).....\$6.15
Almond milk, banana, NB blueberries, almond butter, chia seeds, hemp hearts, cinnamon.

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

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