



## Sandwich Menu

Add a side of Quinoa Salad to any \$2.75

- Chicken & Brie.....\$11.40  
Local fresh bread, bruschette, spinach, chicken, brie.
- Garden Vegetable(Vegan).....\$10.35  
Organic multigrain, avocado hummus, cucumber, leafy greens, sprouts.
- Curry Chicken Wrap.....\$11.40  
Naan, leafy greens, curry chicken salad.
- Albacore Tuna Melt.....\$11.40  
Local fresh bread, provolone, tomato, tuna salad, leafy greens, aioli.
- Grove Club.....\$11.70  
Local fresh bread, tomato, leafy greens, chicken, bacon, aioli.
- Down Home Donair.....\$12.05  
Naan, provolone, green onions, tomato, donair, sauce.
- Grilled Cheese.....\$7.50  
Local fresh bread, provolone.
  
- Quinoa Power Bowl(Vegan,Gluten-Free).....\$11.20  
Spinach, quinoa, cucumber, bell peppers, edamame, SD tomatoes, green onions, chia seeds, hemp hearts, nutritional yeast, sprouts.  
Add: ➤ Avocado Hummus.....\$4.15  
➤ Curry Chicken.....\$4.15  
➤ Tuna Salad.....\$4.15
- The Brittany Bowl (Gluten-free).....\$10.15  
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).....\$2.95  
*Egg, cheddar cheese, garden vegetables.*
  
- Breakfast Biscuit (Vegetarian).....\$4.98  
*Toasted tea biscuit, garden egg bite, aioli.*
  
- Avocado Toast(Vegetarian).....\$8.85  
*Toasted multigrain, avocado hummus, tomato, chia seeds, hemp hearts, aioli.*
  
- NB Blueberry Smoothie(Vegan).....\$8.75  
*Almond milk, banana, NB blueberries, almond butter, chia seeds, hemp hearts, cinnamon.*
  
- Lemon Cranberry Muffin.....\$3.50
  
- Side of Bacon.....\$1.35