



## Sandwich Menu

*Add a side of Quinoa Salad to any \$2.90*

- Chicken & Brie.....\$11.95  
*Local fresh bread, bruschette, spinach, chicken, brie.*
- Garden Vegetable(Vegan).....\$10.85  
*Organic multigrain, avocado hummus, cucumber, leafy greens.*
- Curry Chicken Wrap.....\$11.95  
*Naan, leafy greens, curry chicken salad.*
- Albacore Tuna Melt.....\$11.95  
*Local fresh bread, provolone, tomato, tuna salad, leafy greens, aioli.*
- Grove Club.....\$12.30  
*Local fresh bread, tomato, leafy greens, chicken, bacon, aioli.*
- Down Home Donair.....\$12.65  
*Naan, provolone, green onions, tomato, donair, sauce.*
- Grilled Cheese.....\$7.85  
*Local fresh bread, provolone.*
  
- Quinoa Power Bowl(Vegan,Gluten-Free).....\$11.75  
*Spinach, quinoa, cucumber, bell peppers, edamame, SD tomatoes, green onions, chia seeds, hemp hearts, nutritional yeast, sprouts.*
  - Add: ➤ Avocado Hummus.....\$4.25
  - Curry Chicken.....\$4.25
  - Tuna Salad.....\$4.25
- The Brittany Bowl (Gluten-free).....\$10.65  
*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