



Sandwich Menu

Add a side of Quinoa Salad to any \$2.90

- **Chicken & Brie**.....\$12.95
Local fresh bread, bruschette, spinach, chicken, brie.
- **Garden Vegetable(Vegan)**.....\$11.85
Organic multigrain, avocado hummus, cucumber, leafy greens.
- **Curry Chicken Wrap**.....\$12.95
Naan, leafy greens, curry chicken salad.
- **Albacore Tuna Melt**.....\$12.95
Local fresh bread, provolone, tomato, tuna salad, leafy greens, aioli.
- **Grove Club**.....\$13.30
Local fresh bread, tomato, leafy greens, chicken, bacon, aioli.
- **Down Home Donair**.....\$13.65
Naan, provolone, green onions, tomato, donair, sauce.
- **Grilled Cheese**.....\$8.85
Local fresh bread, provolone.

- **Quinoa Power Bowl**(Vegan,Gluten-Free).....\$12.75
Spinach, quinoa, cucumber, bell peppers, edamame, SD tomatoes, green onions, chia seeds, hemp hearts, nutritional yeast, sprouts.
 - Add: ➤ Avocado Hummus.....\$4.95
 - Curry Chicken.....\$4.95
 - Tuna Salad.....\$4.95

- **The Brittany Bowl** (Gluten-free).....\$12.65
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).....\$5.18
Toasted tea biscuit, garden egg bite, aioli.

- Avocado Toast(Vegetarian).....\$9.95
Toasted multigrain, avocado hummus, tomato, chia seeds, hemp hearts, aioli.

- NB Blueberry Smoothie(Vegan).....\$8.95
Almond milk, banana, NB blueberries, almond butter, chia seeds, hemp hearts, cinnamon.

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

- Side of Bacon.....\$1.55