

# BREAKFAST



		Cals
Classic Toasted Western	\$7.00	620
Bacon, Egg & Cheese Bagel	\$5.00	680
Egg, Bacon, Spinach & Avocado Bagel	\$5.00	670
Cheesy Egg & Bacon Wrap	\$5.00	590
Toasted Bagel with Butter	\$1.60	350
· Plain · Sesame · Everything · Multigrain		
ADD: · Cheddar · Swiss · Cream Cheese	\$1.30	110
· Egg	\$1.50	140
· Bacon	\$1.50	90
· Avocado	\$1.50	80
· Tomato	\$0.50	10

# GRILLED CHEESE

Classic Grilled Cheese	\$4.50	375
Classic with Bacon & Tomato	\$6.50	475
Jalepeño Poppers	\$5.50	375
Big Bird	\$6.50	430

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

# HOT BEVERAGES

PREMIUM BREWED COFFEE	Sm	Cals	Med	Cals	Lg	Cals
Signature Blend · Decaf	\$1.90	0	\$2.10	0	\$2.35	0
Bold  FairTrade  Organic	\$2.00	0	\$2.20	0	\$2.45	0

PREMIUM TEA	Sm	Cals	Med	Cals	Lg	Cals
Black · Green · Herbal	\$1.90	0	\$2.10	0	\$2.35	0

SPECIALTY BEVERAGES						
Espresso	SINGLE	\$2.25	0	DOUBLE	\$2.75	0
Americano		\$2.75	0		\$3.25	0
Cappuccino · Latte		\$3.75	120		\$4.25	170
Flavoured Latte						
· Vanilla · Caramel · Hazelnut · Mocha	\$4.25	210	\$4.75	260	\$5.25	300
· Chai Tea Latte	\$4.25	230	\$4.75	310	\$5.25	380
Tea Latte (Fogs)						
· London · Green · Chai	\$4.25	120	\$4.75	170	\$5.25	210
Steamed Hot Chocolate		\$4.00	240		\$4.50	340
· Dark · White						
Steamers		\$4.00	210		\$4.50	260
· Vanilla · Caramel · Hazelnut						

ADD: A flavour shot to any beverage 60¢ (90 Cals) - Vanilla · Hazelnut · Caramel

# COLD BEVERAGES

		Cals
Freshly Brewed Iced Coffee	\$2.75	0
Cold Brew Iced Tea		
· Plain	\$3.25	20
· Flavoured	\$3.50	110
Iced Cappuccino		
· On the Rocks	\$4.50	150
· Blended	\$5.00	230
Handmade Smoothies	\$6.00	
· Mango Banana Pineapple (360 Cals)		
· Peanut Butter Banana (340 Cals)		
· Peppermint Chai Berry (260 Cals)		
· Strawberry Banana (370 Cals)		
· Mixed Berry (290 Cals)		
ADD: Protein	\$1.00	110

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