



GARDEN CAFE

ESPRESSO BAR

PRICES INCLUDE GST. ITEMS MAY CONTAIN TRACES OF NUTS.

(Hot or Iced)	12oz	16oz
HOT CHOCOLATE	\$3.95	\$4.25
ESPRESSO	\$2.25	
AMERICANO	\$2.95	\$3.50
CAPPUCCINO	\$4.35	\$4.85
CAFÉ LATTE	\$4.35	\$4.85
FLAVORED CAFÉ LATTE	\$4.75	\$5.25
vanilla - sugar free vanilla - caramel - toasted marshmallow		
CARAMEL MACCHIATO	\$4.85	\$5.35
CAFÉ MOCHA	\$4.85	\$5.35
milk chocolate - white chocolate - caramel		

(Hot or Iced)	12oz	16oz
WINSPORT COFFEE	\$2.80	\$2.95
HIGGINS & BURKE TEAS	\$2.80	
CHAI LATTE	\$4.75	\$5.25
EARL GREY TEA LATTE	\$4.35	\$4.85
HOT CHOCOLATE	\$2.80	\$2.95
ADD-ON & SUBSTITUTIONS		
ADD AN ESPRESSO SHOT		\$1.00
ADD A FLAVOR SYRUP SHOT		\$0.50
SOY, ALMOND OR OAT MILK		\$1.00

BREAKFAST SANDWICHES

SAUSAGE

\$7.50

Egg, cheese,
brioche bun

BACON

\$7.50

Egg, cheese,
brioche bun

EGG & CHEESE

\$6.00

Served on a
brioche bun

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BAKERY

COOKIE **\$1.75**

PROTEIN POWER BAR **\$2.95**

SWEET PASTRY **\$2.95**

SAVORY PASTRY **\$5.00**

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SNACKS

GARDEN VEGGIE STRAWS **\$3.25**

PEPPERONI STICKS **\$6.50**

KIND BARS **\$3.75**

NUT SNACK PACKS **\$3.95**

SMART POPCORN **\$2.95**

CHIPS **\$2.25**

CANDY **\$2.50**

CHOCOLATE BARS **\$2.50**

HOUSE FAVOURITES

BURGERS

Lettuce, tomato, onion, pickle, burger sauce, brioche bun

Choose from:

BEEF **\$8.95**

VEGGIE..... **\$8.50**

SPICY CHICKEN **\$10.50**

ADD CHEESE + \$1.50

ADD BACON + \$1.75

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BUFFALO CHICKEN WRAP **\$9.95**

Crispy chicken, lettuce, tomato, onion, pickles, cheese, ranch & hot sauce, whole wheat tortilla

GRILLED CHICKEN CAESAR WRAP **\$10.50**

Grilled chicken breast, romaine, parmesan, Caesar dressing, whole wheat tortilla

GREEK PITA WRAP **\$10.50**

Grilled chicken breast or Falafel, lettuce, tomato, onion, olives, tzatziki, pita bread

ALBERTA BEEF DIP **\$11.95**

Shaved striploin, horseradish mayo, au jus, Vienna bun

TURKEY CLUB **\$11.95**

Turkey breast, bacon, avocado, lettuce, tomato, mayo, ciabatta bun

ADD GRAVY + \$2

GLUTEN FREE BUN OR BREAD + \$3

HOT OPTIONS

SOUP OF THE DAY	\$5.95
BEEF CHILI	\$5.95
MAC & CHEESE	\$5.95
FRIES	\$4.50
POUTINE	\$6.95
CHICKEN FINGERS (3)	\$7.50
HOT DOG	\$5.50
GRILLED CHEESE SANDWICH	\$5.95

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MADE FRESH

BOXED SANDWICHES	\$7.50
TOASTED PANINIS	\$8.50
HOUSE SALADS	\$5.75 / \$12.50
SMALL POWER BOWLS	\$6.25 / \$7.75
LARGE POWER BOWLS	\$12.25 / \$15.50
CHARCUTERIE	\$8.50
CHIPS & DIP	\$6.50
FRUIT SALAD	\$4.50
FRESH VEGETABLES & HUMMUS	\$4.75
GREEK YOGHURT PARFAIT	\$4.50
OVERNIGHT OATS	\$4.50

DRINKS

PRICES INCLUDE GST.

AQUAFINA \$3.25

ARTO LIFE WTR \$4.75

EVIAN \$4.25

BOTTLED POP \$3.50

BUBLY \$3.50

PURE LEAF \$4.95

GATORADE 710ML \$4.75

GATORADE 591ML \$4.15

MILK 2 GO \$4.75

TROPICANA \$4.25

KICKSTART \$4.15

ROCKSTAR \$5.95

KOMBUCHA \$5.95