



- Housemade crepes** Breakfast crepe: egg, spinach, bacon, cheddar \$10  
Brie crepe: egg, spinach, garlic, sauteed mushrooms \$10  
Florentine crepe: egg, spinach, tomato, mozza \$10  
Salmon crepe: spinach, herb cream cheese, capers \$10  
*gluten free scramble available on all of the above \$9*  
Blueberry and whipped cream \$6  
Banana & nutella w/ whipped cream \$6
- Waffles** Hand-milled quinoa waffles from **Commercial Drive Licorice Parlour**  
(gluten free) with strawberry or blueberry compote & whip \$12.50
- Breakfast burrito** Grilled burrito w/beans, cheese, eggs, salsa & rice \$9.5  
*(served w/salsa, guacamole & lime)*
- Tofu spinach rice bowls** Tandoori tofu bowl *(yogurt, apple chutney, green onion)* \$9.5  
Spicy peanut tofu bowl *(carrots, beets, green onion)* \$9.5  
Green machine tofu bowl *(guacamole, hot peppers, green onion)* \$9.5
- Soup and salad** Salad (mixed greens, tomato, cucumber, feta w/red wine vinaigrette) \$8  
Daily featured soup w/ toast \$8.5 | Soup and salad \$12.5
- Sandwiches** Ham (swiss, honey dijon, lettuce, tomato) \$9  
Oven roasted beef (grainy dijon aioli, tomato, arugula, red onion) \$9  
Oven roasted turkey (mayo, lettuce, tomato, cucumber) \$9  
Veggie (feta, tomato, tzatziki, red onion, spinach, cucumber) \$9  
Grilled cheese & pickle \$9  
Tuna salad \$9  
*(add soup to any sandwich \$4; add salad \$5)*
- Specialty sandwiches** Grilled salmon croissant *(arugula, tomato, capers & herb cream cheese)* \$9.5  
Tuna melt *(mozzarella, tomato)* \$10  
Commercial Street club *(3 x bread, turkey, bacon, lettuce, tomato, mayo + chips)* \$12  
*(add soup to any sandwich \$4; add salad \$5)*

**prices include tax**