

SEPTEMBER

CARAMEL APPLE CIDER	...3.00	...3.75
MAPLE SPICE LATTE	...3.65	...4.25
CHAI MILKSHAKE		...4.55

EATS

APPLE COFFEE CAKE OR BLUEBERRY LEMON CURD MUFFIN ...2.85

MAPLE BLACKBERRY BAKED OATMEAL

OUR TRADITIONAL BAKED OATMEAL WITH BLACKBERRIES, TOASTED PUMPKIN SEEDS AND MAPLE SYRUP ...4.25

MAPLE APPLE OAT SCONE

BUTTERY, FLAKY, HANDMADE SCONE WITH FRESH APPLES, OATMEAL, MAPLE SYRUP AND TOASTED OATMEAL CRUNCH ...3.35

SUPER CHIA BOWL

(SERVED OPEN TILL CLOSE)

SUPERCHARGE YOUR DAY WITH A BOWL OF CREAMY CHIA PUDDING, TOPPED WITH FRESH BERRIES, CRUNCHY GRANOLA AND BLUEBERRY PRESERVES. SERVED WITH MULTI-GRAIN SUNFLOWER TOAST, ALMOND BUTTER AND SEA SALT ...8.25

SWEET AND SAVORY QUINOA APPLE PANCAKES

(SERVED TILL 2PM)

QUINOA PANCAKES WITH HONEY BUTTERSCOTCH CARAMEL, CRISP APPLES AND SAVORY BACON CRUMBLES ...8.25



MAPLE TURKEY SANDWICH

(SERVED 11AM TIL CLOSE)

MESQUITE TURKEY, CRISP APPLE SLICES, ARUGULA AND MAPLE BRIE ON GRILLED MULTI-GRAIN SUNFLOWER. SERVED WITH A SIDE OF GREENS OR GOURMENT CHIPS ...7.65

GRILLED SALMON

(SERVED 11AM TIL CLOSE)

PEPPERED SALMON, GRILLED AND TOPPED WITH BALSAMIC ONION JAM AND ARUGULA. SERVED ON TOP OF ROSEMARY POTATOES AND ROASTED ASPARAGUS ...11.95

SIDES

SUB FOR ROSEMARY POTATOES, PARMESAN GRIT CAKE, FRUIT, GREENS OR GOURMET CHIPS ...2.00
ADD TO ANY MEAL ...3.00

SUPER CHIA BOWL

BLACK BEAN AND CORN SALAD

(SERVED 11AM TILL CLOSE)

A COLORFUL COMBINATION OF BLACK BEANS, CHICK PEAS, YELLOW CORN KERNELS, DICED RED PEPPER AND JALAPENO PEPPERS IN A SPICY CILANTRO VINAIGRETTE

SWEETS

Sugar + Spice Blondie

Apple Dumplings

S'mores Dreamcake

Caramel Apple Pie