

NOVEMBER

PUMPKIN SPICE LATTE	...3.75	...4.50
SALTED NUTELLA LATTE	...3.95	...4.85
CARAMEL APPLE CIDER	...3.00	...3.75
PUMPKIN SPICE COLD BREW		...4.50

EATS

PUMPKIN CHOCOLATE CHIP MUFFIN ...2.85

PUMPKIN CINNAMON Scone ...3.35

PUMPKIN HARVEST BAKED OATMEAL ...4.25

GLUTEN FREE AVAILABLE

PUMPKIN PANCAKES

(SERVED TILL 2PM)

TWO DELIGHTFUL PUMPKIN PANCAKES TOPPED WITH A HOUSEMADE SALTED PUMPKIN WHIP CREAM AND GLAZED WALNUTS. (GF) ...7.35



POMEGRANATE CHICKEN SALAD

(SERVED 11AM TILL CLOSE)

GRILLED CHICKEN, FETA, POMEGRANATE SEEDS AND RED ONION ON A BED OF SPINACH. SERVED WITH A POMEGRANATE CRANBERRY DRESSING AND A SAVORY HERB SCONE ...8.50



RED BEET REUBEN

(SERVED 11AM TILL CLOSE)

OUR TWIST ON THE CLASSIC REUBEN SANDWICH! MULTI-GRAIN SUNFLOWER BREAD WITH THOUSAND ISLAND, STACKED WITH SAUERKRAUT, SWISS CHEESE AND ROASTED RED BEETS. SERVED WITH A SIDE OF GREENS OR GOURMET CHIPS ...7.90

SPAGHETTI SQUASH AND MEATBALLS

(SERVED 11AM TILL CLOSE)

SPAGHETTI SQUASH TOPPED WITH OUR HOUSEMADE MARINARA SAUCE, SPINACH FETA CHICKEN MEATBALLS AND PARMESAN CHEESE. SERVED WITH A SAVORY HERB SCONE ...10.95

SIDES

ADD TO ANY MEAL ...3.00

SUB FOR ANY BREAKFAST OR LUNCH SIDE ...2.00

SUPER CHIA BOWL

A SMALL VERSION OF OUR CREAMY CHIA PUDDING TOPPED WITH FRUIT AND GRANOLA - VEGAN

CHEESE TORTELLINI PASTA

TRI-COLOR CHEESE STUFFED TORTELLINI COMBINED WITH RED & GREEN PEPPER STRIPS, CARROTS, OLIVES AND RED ONIONS

SWEETS

- *Pumpkin Pie*
- *Pumpkin Chocolate Cheesecake - Vegan*
- *Pumpkin Pecan Pie*
- *Autumn Spice Bundt Cake*