



Sandwiches

Made to Order

Breakfast Bagel \$5.00

Butter, Egg and Cheddar on an Everything Bagel.....Add Bacon: \$2.00

A.L.T Bagel \$5.50

Avocado, Lettuce, Tomato, and Sprouts on a Sesame Bagel 

BLT Bagel \$5.50

Bacon, Lettuce, Tomato & Mayo on a Sesame Bagel

Stacked Sammy \$7.00

Ham, Turkey, Cheddar, Lettuce, Tomato, Mayo and Honey Mustard on Multigrain Bread

Hummus Sandwich \$7.00

Hummus, Sprouts, Tomato, and Cucumber on Multigrain Bread 

Bruschetta Bagel \$7.00

Bruschetta and Herb&Garlic cream cheese on a Plain Bagel

Premade Sandwiches & Wraps

Chipotle Chicken Wrap \$7.50

Chipotle marinated chicken, avocado, red onion, tomato, lettuce & 4-cheese blend in a sun-dried tomato wrap

Pesto Chicken Wrap \$7.50

Balsamic marinated chicken, mozzarella, pesto, tomatoes, green pepper, & arugula all in a whole wheat wrap

Caprese \$7.50

Pesto, mozzarella, tomato, & arugula in a ciabatta bun

Chicken Caesar Wrap \$7.50

Chicken, parmesan, croutons, lettuce & caesar dressing in a whole wheat wrap

Turkey Apple Cheddar \$7.50

Turkey, apple, cheddar, mayo & honey mustard on multigrain bread

Vegan Burrito \$7.50

Avocado, salsa, beans, corn, romaine, green peppers, tomatoes, & red onions in a sun-dried tomato wrap

Bowls

Taco Salad \$7.50

Lettuce, cheddar, corn, green pepper, tomato, onion, tortilla chips, & chipotle sauce

Power Bowl \$10.00

7 grain mix, hemp seeds, lettuce, arugula, tomatoes, cucumber, green pepper, chickpeas, & raspberry vinaigrette

Coffee, Tea & More

Sizes: Class (12oz)/Exam (16oz)

Hot

House Coffee \$2.00/2.30

Tea \$2.30

English Breakfast, Earl Grey, Green, Peppermint,
Chamomile, Cranberry Apple, Cinnamon Apple

Specialty Tea \$2.50

Moroccan Mint, Chai Rooibus, Ginger Lemon

Espresso & Specialty

Espresso \$2.00

Americano \$2.50/3.50

Cappucino \$4.75/5.75

Latte \$4.75/5.75

Caramilk Latte \$5.50/6.25

Caramel Macchiato \$5.50/6.25

Mocha \$5.50/6.25

Matcha \$5.50/6.25

Chai \$5.50/6.25

Matcha Chai \$5.50/6.25

London Fog \$4.75/5.50

Hot Chocolate \$4.00/5.00

Additions

Extra Espresso \$1.00

Flavoured Syrups \$1.00

Vanilla, Brown Sugar, Caramel, Hazelnut, Cinnamon,
Marshmallow, Coconut, Peppermint, Raspberry, Blueberry,
Lemon, Peach

Creamy Syrups \$1.00

Dark Chocolate, White Chocolate, Creamy Caramel

Cold

Iced Coffee \$2.00/2.30

Iced Tea \$3.25/3.50

Green, Passion, Old Fashioned- comes with
flavour shot or lemonade

Italian Soda \$3.15/3.50

Lemon, Raspberry, Blueberry or Peach

Raspberry Lemon Fizz \$3.25/3.70

Matcha Lemonade \$4.25/5.00

Smoothies \$5.75

Strawberry Sunset

Strawberry, Banana, & Mango

Green Smoothie

Mango, Spinach, Banana, Oat Milk & Cinnamon

Mango Berry Bliss

Strawberry, Raspberry, Blackberry, Blueberry,
Mango & Banana

Add Hemp \$1.00

Chillers \$5.75

Mocha Chiller

Espresso, Dark Chocolate & Milk blended with ice

Matcha Chiller

Matcha & Oat Milk blended with ice

Fridge

Yerba Mate \$4.45

Peace Tea \$3.50

Aha Sparkling Water \$2.50

Milk Options: 2%, Oat, Soy

Build-Your Own

Base

Classic Bagels \$2.10

Plain 🌱
Everything 🌱
Sesame 🌱

Specialty Bagels \$2.50

Cheddar

Breads \$2.50

Multigrain 🌱
Gluten Free 🌱 100% GLUTEN FREE

Spreads

Basic \$0.50

Butter 🌱/ Mayo 🌱/ Honey
Mustard

Cream Cheese

Plain \$1.50

Specialty \$2.50

Herb&Garlic, Spinach &
Feta, Zesty Cheddar, Top
Secret

Other \$2.00

Pesto/Avocado/
Hummus

Toppings

Protein

Turkey/Ham/Egg \$1.75

Bacon \$2.00

Cheese \$1.50

Cheddar/Mozzarella

Veggies

Lettuce/Tomato/ \$0.60

Cucumber

Sprouts \$0.75

Bruschetta \$2.50

Baked Goods

Muffins \$4.00 LaRocca Cake Slice \$6.00

Cookies \$2.50 Chocolate Cupcake 🌱 100% GLUTEN FREE \$6.00

Loaves \$4.50 Walnut Carrot Cake 🌱 100% GLUTEN FREE \$6.00

Coffee Cake \$5.25 Brownie \$4.50

Sweet n Sip Combo!

Free class coffee/tea comes with every baked good purchase !

