

Sandwiches

Made to Order

Breakfast Bagel \$5.00

Butter, Egg and Cheddar on an Everything Bagel

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

Bruschetta Bagel \$7.00

Bruschetta and Herb&Garlic cream cheese on a Plain 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

Substitute cheddar/multigrain \$0.50
/gluten free

Local

Baked Goods

Muffins \$3.50

Chocolate Chip, Double Chocolate, Blueberry, Apple Cinnamon, Carrot

Loaves \$4.50

Seasonal Flavours

LaRocca Cake Slice \$6.00

Ask about available flavours !

Chocolate Cupcake  \$6.00

Walnut Carrot Cake  \$6.00

Cookies \$2.50

Coffee Cake \$5.25

Brownie \$4.50

Sweet n Sip Combo!

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



Premades

Sandwiches & Wraps

Chipotle Chicken Wrap \$7.00

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

Chicken Caesar Wrap \$7.00

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

Pesto Chicken Wrap \$7.00

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

Turkey Apple Cheddar \$7.00

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

Caprese \$7.00

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

Ham & Cheese Crossiant \$6.00

Ham, cheese, mayo on a crossiant

Veggie Wrap  \$7.00

Hummus, cucumber, tomato, red onion, sprouts & lettuce



Build-Your Own

Base

Classic Bagels \$2.10

Plain 

Everything 

Sesame 

Specialty Bagels \$2.50

Cheddar

Breads \$2.50

Multigrain 

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 

Toppings

Protein

Turkey/Ham/Egg \$1.75

Bacon \$2.00

Cheese \$1.50

Cheddar/Mozzarella

Veggies

Lettuce/Tomato \$0.60

/Cucumber \$0.75

Sprouts

Bruschetta \$2.50

Coffee, Tea & More

Hot

House Coffee **Class/Exam**
\$2.00/2.30

Tea **\$2.30**

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

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**

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

Milk Options: 2%, Oat, Soy



Espresso & Specialty

Espresso **Class/Exam**
\$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**

Fridge

Yerba Mate **\$4.45**

Peace Tea **\$3.50**

Aha Sparkling Water **\$2.50**

Smoothies & Chillers **\$5.75**

Strawberry Sunset

Strawberry, Banana, & Mango

Green Smoothie

Mango, Spinach, Banana, Oat Milk & Cinnamon

Mango Berry Bliss

Strawberry, Raspberry, Blackberry, Blueberry,
Mango & Banana

Mocha Chiller

Espresso, Dark Chocolate & Milk blended with ice

Matcha Chiller

Matcha & Oat Milk blended with ice

Add Hemp \$1.00

Additions

Extra Espresso **\$1.00**

Flavoured Syrups **\$.70**

Vanilla, Brown Sugar, Salted Caramel, Maple,
Hazelnut, Cinnamon, Marshmallow, Peppermint,
Cranberry, Raspberry, Peach

Creamy Syrups **\$1.00**

White Chocolate