



# BREAKFAST & LUNCH MENU

---



## BREAKFAST & LUNCH MENU

### BREAKFAST

---

#### CHIA PUDDING

with homemade granola & seasonal compote (GF)

#### CHOCOLATE CARDAMOM OVERNIGHT OATS

with seasonal compote & fresh berries (GFO)

#### "EGGS"

#### ROASTED WILD MUSHROOM FRITTATA

with caramelized onions & fresh thyme (GF)

#### SUNDRIED TOMATO FRITTATA

with roasted red peppers, basil & black pepper (GF)

#### BROCCOLI & "CHEDDAR" QUICHE

#### TOFU SCRAMBLE

with fresh chives (GF)

#### EGGS BENEDICT

with vegan corned beef brisket, roasted red pepper, seasoned tofu & hollandaise (GFO)

#### "SWEET"

#### CINNAMON VANILLA FRENCH TOAST

with whipped butter, maple syrup & fresh fruit compote

#### "BUTTERMILK" PANCAKES

with whipped butter, maple syrup & fresh fruit compote

#### ROASTED YUKON GOLD POTATO HASH

with roasted red pepper, scallion, mushroom & caramelized onion (GF)

#### SMOKEY MAPLE TEMPEH BACON

with blistered tomatoes (GF)

#### (SOY FREE VERSION)

#### SMOKEY MAPLE DAIKON BACON

with blistered tomatoes (GF)

#### FRESH FRUIT BOARD (GF)

#### ASSORTMENT OF MUFFINS

blueberry lemon, carrot cinnamon walnut, chocolate chip, banana nut

#### FRESH BREAD STATION

with whipped herb butter, nut butter, homemade jams, cream cheese & other fixins (GF)

### LUNCH

---

#### KALE CAESAR

with tempeh bacon, pickled red onion, garlic thyme croutons & sunflower seed parmesan (GFO)

#### GARDEN SALAD

with cucumber, shaved heirloom carrot, pickled red onion, grape tomatoes, & toasted pumpkin seeds with orange maple balsamic (GF)

#### QUINOA SALAD

with roasted chickpeas, spinach & arugula, pickles red onions, scallions, maple mustard (GF)

#### GREEK STYLE SALAD

with peppers, tomatoes, cucumber, red onion & homemade herbed feta (GF)

#### FRIED CAULIFLOWER

with maple butter cornbread (GFO)

#### MAC & CHEESE

with smoked cheddar, caramelized onions & fresh chives

#### PASTA SALADS (GREEK OR SUMMER)

pizzas

#### ROASTED SEASONAL VEG WITH MAPLE LEMON PEPPER & THYME

#### ROASTED CONFIT GARLIC & HERB POTATOES



## BREAKFAST & LUNCH MENU

### SANDWICHES

#### CLASSIC BLT STYLE TEMPEH SANDWICH

with tomato jam & confit garlic aioli (GFO)

#### TOFU EGG SALAD SANDWICH

with fresh dill, scallions & baby lettuce (GFO)

#### GRILLED & ROASTED VEGETABLE SANDWICH

with maple orange balsamic & lemon garlic hummus (GFO)

#### "TUNA" CHICKPEA SALAD SANDWICH

with pickles, capers & red peppers (GFO)

### SOUPS

#### SELECTION OF SOUPS

tomato, potato leek, butternut squash

### SWEET TREATS

#### CLASSIC PEANUT BUTTER COOKIES (GFO)

#### GINGER SNAP COOKIES (GFO)

#### OATMEAL CINNAMON RAISIN COOKIES (GFO)

#### TAHINI CHOCOLATE CHIP COOKIES (GF)

#### FRESH FRUIT BOARD (GF)