

# Breakfast



brew

HAM & SWISS CROISSANT 11.50  
with fried egg

GLUTEN FREE BREAKFAST CLUB 13.75  
turkey bacon, roast turkey, fried egg, cheddar, tomato, on gf toast

BREAKFAST BAGEL  
cream cheese, manchego, tomato salsa

half bagel 7.25  
whole bagel 11.50

SAUSAGE, EGG & CHEESE BISCUIT 9.25

SMOKED SALMON BAGEL  
dill cream cheese, onion jam

half bagel 14.00  
whole bagel 18.50

**IMPOSSIBLE** EGG & CHEESE BISCUIT 9.00

SPICY EGG BISCUIT 8.75  
cheddar, chipotle mayo, fried jalapenos

FETA & SPINACH WRAP \$12.50  
chipotle mayo, egg white

YOGURT BOWL 13.75  
mixed berries, coconut, granola, chia,

BREAKFAST QUICHE 12.75  
market ingredients, oven warmed

FRESH FRUIT CUP 11.25

## Whole Fruit Smoothies

	12OZ. REG.	16OZ. LARGE
PICK ME UP - banana, coffee, cashew, cocoa	10.80	12.35
ISLAND DELIGHT - banana, pineapple, spinach, honey	10.80	12.35
GREEN MACHINE - kale, banana, peanut butter, cinammon	10.80	12.35
BREAKFAST LASSI - mango, peach, ginger, yogurt, honey	10.80	12.35
MANGO MATCHA - matcha, mango, lime juice, yogurt	10.80	12.35
PINK FLAMINGO - strawberry, mango, banana, yogurt, honey	10.80	12.35

# Sandwiches & Such



brew

## CARIBBEAN CHICKEN WRAP 15.00

jerk mayo coleslaw, cucumber  
caribbean spiced chicken

## FIRE GRILLED CERTIFIED ANGUS STEAK 20.00

sliced beef, provolone cheese,  
arugula, house chimichurri

## OPEN FLAME GRILLED CHICKEN 15.00

sriracha mayo, spinach,  
crisp bacon, avocado

## PAN SEARED WAHOO 15.70

citrus chili marinade,  
carrot slaw, lemon aioli

## ROAST TURKEY 15.40

local rosemary marinade,  
cranberry chutney, avocado,  
crunchy onions

## PHILLY CHEESESTEAK 17.85

sliced beef, caramelized onions,  
peppers, four cheese blend

## TUNA MELT 15.00

tuna salad, pesto aioli, pepperjack  
cheese on panini bread

## CRISP CHICKEN BREAST 15.25

panko fried, buffalo hot sauce,  
whipped blue cheese, crunchy onions

## FALAFEL BURGER 15.75

pickled cucumber, chili garlic yogurt  
sauce, arugula

## ROASTED LAMB LEG 20.00

red onion chutney, sautéed spinach,  
harissa mayo, feta cheese

## \*MIXED GREEN SALAD

with house dressing

## \*PASTA SALAD

farfalle, pesto mayo, sundried  
tomatoes, arugula, feta

\*(with any sandwich) 7.75

LUNCH QUICHE 17.25  
today's freshly made quiche  
with a mixed greens salad

# BOWLS



## SUPERFOOD 19.00

spinach, roasted beets, blackberries  
spiced chickpeas, carrots, quinoa, broccoli,  
baked tofu, ginger passionfruit dressing

## PULLED CHICKEN 17.00

quinoa, avocado, corn tortillas, arugula  
parmesan, cabbage, chipotle balsamic

## GRILLED SALMON 18.00

mixed greens, blueberries, almonds,  
orzo pasta, blue cheese,  
lemon basil dressing

## PANKO CHICKEN 16.75

fried chicken, cherry tomatoes,  
charred red onions, romaine,  
cheddar, chimichurri ranch

## VEGAN SPICY SOBA 17.75

soba noodles, radish, pickled  
cucumber, chili flakes, edamame,  
sesame seeds, dijon lemon tofu creme

## ASIAN COBB SALAD 18.00

pulled chicken, cabbage, scallions,  
cucumber, boiled egg, edamame,  
orange segments, side gochujang sauce

## MIDDLE EASTERN BEEF BOWL 19.00

Sumac spiced ground beef, chickpeas,  
lentils, onion, tomato, cucumber, feta,  
dates, almonds, yogurt, lemon to  
squeeze

## JAVA JIVE GUACAMOLE 15.95

tortilla chips

# Flatbreads 16.50

## APPLE & GOAT CHEESE

basil pesto, apples, goat cheese,  
arugula, balsamic drizzle

## MEAT LOVERS

marinara, bacon, chorizo, pepperoni,  
mozzarella

## BBQ PULLED CHICKEN

red onion, cilantro, smoked  
mozzarella, smoked gouda cheese

## GARLIC ALFREDO SHRIMP

roasted peppers, parsley,  
mozzarella, parmesan cheese

# Coffee & Such



## Espresso BREW (12oz. OR 16oz.)

CAPPUCCINO/CAFFÉ LATTE 6.15 - 7.60

CAFÉ MOCHA 7.50 - 9.15

CARMELOTTO LATTE 7.50 - 9.15

espresso, milk, caramel

LAVENDER HONEY LATTE 8.15 - 9.50

GREEN DREAM LATTE (16 oz) 11.30

matcha, pistachio syrup, white chocolate sauce, espresso

DIRTY CHAI 7.25 - 8.40

chai latte, shot of espresso

FLATWHITE 5.70

equal parts espresso & steamed milk

### ADD-INS

ALMOND, OAT, COCONUT, SOY, LACTOSE FREE 1.10

FLAVOUR SYRUP SHOT 1.90

PROTEIN POWDER 2.50

## BREW Coffee & Tea (12oz. OR 16oz.)

ILLY DRIP COFFEE 4.30 - 5.10

HARNEY & SONS FINE TEAS (16oz) 3.90

CHAI TEA 4.55 - 5.40

LONDON FOG 5.20 - 5.85

earl grey tea, vanilla syrup, steamed milk

## NO BREW (coffeeless)

(12oz. OR 16oz.)

CHAI LATTE 6.65 - 7.85

HOT CHOCOLATE 6.50 - 7.60

MATCHA LATTE 6.65 - 7.85

LAVENDER LEMONADE (16oz) 6.35

### BREW On Tap

KOMBUCHA (housemade lemon ginger) 12oz. 7.75 16oz. 9.80

COLD BREW (cold steeped for 24 hours) 16oz. 6.15

NITRO BREW (nitrogen injected cold brew) 10oz. 6.15 15oz. 8.30

RUM SWIZZLE (Pickled Onion's signature recipe) 10oz. 14.95

ALL DRAUGHT BEERS (dockyard brewing co & imported) 10oz. 7.20 16oz. 11.40

ALL "ROCKET SCIENCE" DRAUGHT WINES 6oz. 12.00