



MENU ITEMS

(Please see display for available items)

English muffin \$6 - fried egg, sausage patty, cheddar cheese

Breakfast wrap \$9 - scrambled eggs, caramelized onion, potatoes, ham

Breakfast Bacon Bagel \$8- Bacon and cream cheese with tomato jam

Ginger Green Smoothie \$8.50 – mango, pineapple, kale, spinach, ginger, apple juice

Ymir Smoothie \$8.50 - mixed berries, banana, spinach, coconut, apple juice

Ham and cheese \$12- smoked ham, smoked Gouda, caramelized onions, mustard

Reuben on rye \$13- mustard, sauerkraut, caraway rye bread, corned beef, Swiss

Muffaletta \$13.25- Genoa salami, Capicola ham, olive and hot pepper relish, Provolone cheese and roast garlic aioli.

Roasted Veggie and Hummus wrap \$10- greens, shredded carrots, roast zucchini, red peppers, onions, artichoke, hummus, feta

Roast turkey \$12, Pesto mayo, Swiss cheese, roasted red peppers, spinach

Smoked Salmon Bagel \$13.50 - smoked salmon, lettuce, sprouts, red onion, and citrus chive cream cheese on locally made bagel

Add a side soup or fries to any sandwich \$4

Green Salad \$9 ~ cranberries , walnuts and sprouts Black Cherry/Blood Orange vin

Glory Bowl \$10.25 ~ brown basmati rice, marinated silver king tofu, shredded beets and carrots, spinach, candied almonds, tahini dressing.

Soup \$8 / Fries \$6 / Poutine \$9

