

FRESH OPTIONS

Short on time?

Our grab-and-go section is stock with fresh, tasty options to keep you energized all day long.

BAKED GOODS

Baked fresh daily!

stop by our display case to see what's just come out of the oven and give yourself a treat.

\$10.50 Breakfast Sandwich Bagel

Egg, cheese, choice of protein, lettuce, tomato on an Everyday Kitchen bagel. New bagel flavours every month!

Protein Options: Sauce Options:

Sriracha Aioli Bacon Dijon Aioli Sausage Tempeh V Chipotle Aioli

The Everyday Kitchen

\$5.50

Bagel & Cream Cheese 🚾

Fresh Everyday Kitchen bagel with your choice of spread. New bagel flavours every month!

Spread Options:

Roasted herb and garlic cream cheese, dill cream cheese, plain cream cheese, or butter.

COLD SANDWICHES

Chicken Salad

\$11.⁹⁵

Tender slow-roasted chicken tossed with cranberries, celery, and red onion.

Ham & Cheddar 🚳

\$11.⁹⁵

Classic ham and cheddar, elevated with Dijon aioli, lettuce, tomato, and cucumber.

\$11.⁹⁵ Turkey Cheddar & Sprouts with Lemon Aioli

Lean turkey with cheddar and a citrusy lemon aioli, topped with tomato, cucumber, and crisp sprouts

Veggie





\$11.⁹⁵

A garden-fresh mix of lettuce, tomato, cucumber, peppers, and sprouts with bright vegan lemon aioli

Add smoked tempeh \$2.00

Bread Options:

Marble Rye Lettuce Wrap Bagel

Dill Pasta Salad 🔻 🤠





\$8.00

Tender bowtie noodles smothered in creamy house-made vegan dill dressing, mixed with crisp carrots, sweet peppers, fresh cucumbers, and sharp red onion.

SOUPS

Daily Soup

Cup \$5.50

Ask us about our soup of the day.

Bowl \$8.00



SANDWICH SPECIAL

\$11.95







Vegan



