

BREAKFAST

Served all day!

BREAKFAST BURRITO

5.00

12" wrap is filled with scrambled eggs, diced tomatoes, chickpeas and grated mozzarella and seared for added crunch.

GRANOLA WITH YOGURT & BERRIES

4.55

Maple Granola (made in-house) served with vanilla yogurt and berries.

CLASSIC BREAKFAST

5.25

Two eggs served your way with breakfast sausage, premium bacon, roasted potatoes and white, brown or rye bread.

BREAKFAST QUESADILLA

5.00

Scrambled eggs are mixed with peppers, grated mozzarella and tomatoes. Quesadilla is seared until crunchy and topped with sour cream.

HEARTY PB&B

3.25

12 grain bread is toasted and topped with ripe bananas and smooth peanut butter.

LUNCH

HOME MADE SOUPS

S 3.33 L 3.99

With fresh seasonal ingredients.

SOUP OF THE DAY - Please inquire with our staff.

GARDE MANGER

4.95

Garden findings. Lettuce served with a variety of vegetables as they come into season. Choice of salad dressing served on the side.

ADD CHICKEN

+ 4.99

ADD GUACAMOLE

+ 1.75

ADD BOILED EGG

+ 0.81

Please inquire about today's menu features and salads.

Reloadable C Café Cards now available.

CHEF THOMAS' SANDWICH CREATIONS:

JERK CHICKEN TACOS

8.00

Fresh chicken breast is grilled and sliced; served in soft shell taco with sliced tomatoes and shredded lettuce. Finished with our home made jerk sauce. (2 per order)

CHICKEN CLUB WRAP

8.00

Classic served in a 12" wrap. Crispy bacon, lettuce, sliced tomatoes, roasted chicken breast and a touch of mayo are wrapped and grilled until crispy.

THE BAJA BLT

7.75

Your classic BLT with some guacamole to take it to the next level. Served on choice of bread.

TUNA MELT

7.25

Tuna is mixed with fresh pesto, cucumber, tomatoes and a touch of mayo. Swiss is melted over top and served open face on 12 grain bread with lettuce.

DELI SANDWICH

7.50

Assortment of deli meats are topped with sliced tomatoes, lettuce, cheddar cheese and a touch of mayo. Served on choice of bread.

All sandwiches come with choice of soup, salad or fries.

BURGER

BUILD A BURGER

5.00

Start with our 6oz patty and build your masterpiece. Inquire about available toppings. Toppings extra.

ADD CHEDDAR

+ 0.75

ADD BACON

+ 1.50

FRESH CUT FRIES

S 2.14 L 2.95

SWEET POTATO FRIES

3.50

POUTINE - CRISPY FRIES, MOZZARELLA AND GRAVY

5.00

VEGETARIAN OPTIONS

GRILLED CHEESE & JAM

6.50

12 grain bread is buttered and grilled with cheddar until crispy. Finished with house made tomato jam. Classic play on tomato and grilled cheese.

CALIFORNIA CRUISING

7.00

Fried chickpeas sit on fresh guacamole, lettuce and sliced tomatoes. Served on toasted 12 grain bread and a touch of sriracha.

BEVERAGES

COFFEE

S 1.43 L 1.76

STARBUCKS COFFEE

S 2.05 L 2.38

HOT CHOCOLATE

S 1.43 L 1.76

FRENCH VANILLA

S 1.76 L 2.14

TEA

1.43

STARBUCKS FRAPPICINO

4.20

STARBUCKS ICED COFFEE

3.76

PEPSI SOFT DRINKS

2.21

GATORADE

2.66

TROPICANA APPLE JUICE

3.10

TROPICANA ORANGE JUICE

3.10

MILK/CHOC MILK

S 1.57 L 2.62

PLUS APPLICABLE TAXES