

# coffee

featuring local Creekmore's Organic Coffee

drip small 2.34 large 2.80

espresso small 2.00 large 2.95

americano small 2.95

large 3.95

latte small 4.45 large 5.60

cappuccino small 4.45 large 5.60

extra shot 0.95

non-dairy milk

soy, almond, coconut, oat add 1.00

flavoured syrups add 1.00

## specialty drinks

numi black & herbal

choice of various flavors single 2.75 double 4.50

london fog

earl gray tea with steamed milk and vanilla flavour syrup. Change it up by choosing spicy rooibos or green jasmine tea!

small 5.40 large 6.35

chai latte

tazo chai with steamed milk small 5.30 large 6.25

mocha latte

espresso, ghiradelli chocolate, steamed milk small 5.30 large 6.25

steamer

small 3.25 large 4.99

caramel macchiato small 5.60 large 6.55

hot water 0.50

hot chocolate

topped with whipped cream! small 4.50 large 6.55

# cold drinks

iced coffee

blended or on-the-rocks americano 2.95 small latte 4.45 large latte 5.60

iced tea 4.50 blended in-house creation

lemonade 4.50 blended in-house creation

arnold palmer 4.50 blended half iced tea & half lemonade

fruit smoothies 5.50 fruit, milk and ice blended to perfection whey protein 2.50 vegan protein 4.70

frozen ho-cho 6.55 just like a hot chocolate, only with ice!

most special diets can be accommodated, please ask your server

juice, apple, orange or V8 2.20 milk small 3.25 large 4.50 pop, assorted 1.40 san pelligrino or perrier

# baking

muffin 3.10
scones 3.10
daily baking 5.85
dessert 3.85
cookie 1.75
choc chip or oatmeal
raisin

cookie vegan/gluten free

1.85

2.20

# breakfast starters - served all day

crepe benny

ham with our bechamel sauce wrapped up in our house made crepe topped with a poached egg. served with one sliced of toast one egg 14.20 two eggs 15.30

breakfast stack 15.30 two crepes each filled with ham and cheese, 2 scrambled eggs on the side

breakfast wrap 10.60 one egg scrambled with veggies and cheese wrapped up in our crepe

breakfast sandwich 8.10 one fried egg, cheese and ham on toasted bread

omelette 8.75 2 eggs, 2 choices from our savory items add toast 2.75

#### toast

multigrain, whole wheat, sour dough, marble, rye, or gluten-free

2 slices 3.10 1 slice 1.60

# english morning crepes

butter, sugar and lemon one 3.00 two 5.00

fruit cup small 4.75 large 7.80

oatmeal 4.50 add fruit 2.50

eggs, poached, scrambled or fried one 1.50 two 2.50

# soup or salads

courtyard special 10.60 crisp lettuce, sweet onion, cucumber, tomato, carrots and sweet peppers add: turkey, ham, beef, feta or cheddar cheese, muffin or scone 2.50 add: hard boiled egg, bun or a slice of gf toast 1.00

spinach salad 10.60 baby spinach, sweet onions, sunflower seeds, feta cheese and a hard boiled egg with your choice of strawberries, raspberries or blueberries add: muffin, scone 2.50 add: bun or a slice of gf toast 1.00

small house salad 6.50 crisp lettuce, cucumber, tomato, sweet onion, carrot

green salad 4.50 crisp artisan lettuce

daily soup

in-house created soup served with choice of white or whole wheat bun, or gluten free toast cup \$6.25 bowl \$7.25 substitute muffin or scone \$1.60

## crepewiches

all your choices wrapped up in our in-house made crepe. (can be made on bread)

veggie

cucumber, tomato, baby spinach and alfalfa sprouts with your choice of herb cream cheese or mayo small 9.65 large 11.85

deviled egg

delicious egg salad, tomato, cucumber and alfalfa sprouts small 10.45 large 11.85

turkey

roasted turkey breast, smoked gruyere cheese, cucumber, alfalfa sprouts and cranberry sauce small 11.60 large 13.20

#### beef

roast beef, cheddar cheese, tomato and baby spinach, mayo and horseradish dijon mustard small 11.60 large 13.20

#### ham

ham, swiss cheese, tomato, baby spinach, mayo and honey dijon mustard small 10.75 large 13.20

grilled cheese 5.50

cafe daily special add soup to crepewich cup 4.25 bowl 5.35

## savory crepes

served with crispy greens and Meryl's raspberry vinaigrette or a cup of soup

crepesadilla 13.30 crepe stuffed with shredded cheese, pepper flakes choice of ham, turkey, beef, or vegetarian. all melted together and served with a side of salsa and sour cream

## ham and asparagus

16.50

tender asparagus and ham wrapped up and topped with bechamel sauce.

seafood 18.75 shrimp and baby scallops in a mornay sauce stuffed into crepe.

## chicken cordon crepe

17.55

crepe filled with chicken breast, ham, cheddar cheese topped off with bechamel sauce.

## be crepe-ative!!

two choices wrapped up in a crepe

sweet fruit crepe 8.00 fruit and whip cream, topped with chocolate, strawberry, butterscotch or vanilla sauce add: extra fruit or more whip cream 2.50

## savory (hot or cold)

8.00

asparagus, baby spinach, sweet peppers, onion, tomato, mixed vegetables, ham, turkey, beef, egg (poached, fried, or scrambled) cheddar cheese, smoked gruyere, swiss, mornay or bechamel sauce.

add: extra fillings 2.50

# liquor

#### beer

355 ml bottle budweiser 5.00 canadian 5.00 miller draft 5.00 corona 5.50 heinekin 5.50 pipers ale 5.50 new grist (gluten free) 5.50

#### red wine

7.25

5 oz glass cabernet sauvignon pinot noir shiraz merlot

#### white wine 7.25

5 oz glass chardonnay pinot gris riesling gewurztraminer

entrees can be split for an additional \$2.50 please ask server