

## VANCOUVER FOOD MENU Housemade, fresh baked, daily

### MUFFINS

Blueberry Oatmeal  
Cranberry Oatmeal  
Peach Oatmeal  
Raspberry Oatmeal  
Jalapeño & Cheese  
Blueberry Bran – *VEGAN FRIENDLY*  
Carrot Raisin Bran – *VEGAN FRIENDLY*  
Chocolate Zucchini – *VEGAN FRIENDLY*  
Pumpkin Apple – *VEGAN FRIENDLY*  
Very Berry – *VEGAN FRIENDLY*  
Blueberry Lemon – *GLUTEN FREE FRIENDLY*  
Cranberry Orange – *GLUTEN FREE FRIENDLY*  
Raspberry – *GLUTEN FREE FRIENDLY*

### COOKIES

Chocolate Chunk  
Krispie Oatmeal Raisin  
Peanut Butter – *GLUTEN FREE FRIENDLY*  
Double Chocolate Brownie – *VEGAN FRIENDLY*  
Salted Caramel Crackle

### BAKED TREATS

Apple Fritter Cruffin  
Banana Bread – *VEGAN FRIENDLY*  
Belgian Chocolate Banana Bread – *VEGAN FRIENDLY*  
Butter Croissant  
Butter Tart  
Chive & Cheddar Savoury Scone  
Chocolate Croissant  
Cinnamon Bun  
Cinnamon Bun with Cream Cheese Icing

Double-Baked Almond Croissant  
Peanut Butter Oatmeal Bar  
Rhubarb Danish  
Spinach & Feta Breakfast Bun  
Berries & Granola Yogurt Cup  
Berries & Granola Coconut Yogurt Cup – *VEGAN FRIENDLY*

### SANDWICHES & WRAPS

Ham Breakfast Sandwich  
Old-fashioned ham, egg, havarti, tomato, arugula, and garlic cream cheese spread on an English muffin.  
Breakfast Sandwich – *VEGETARIAN FRIENDLY*  
Egg, havarti cheese, tomato, arugula, and garlic cream cheese spread on a whole-wheat English muffin.  
Grilled Cheese Sandwich  
Mild and aged cheddar, tomato, and garlic cream cheese on our own housemade sourdough bread.  
Chicken Modena Sandwich – *REDUCED FAT*  
Roasted chicken breast, balsamic caramelized onion jam, havarti cheese, tomato, and basil mayo on our own artisan multigrain sourdough.  
Beyond® Breakfast Wrap – *VEGAN FRIENDLY*  
Soft tofu scramble, Beyond Meat® Italian Sausage Crumbles, potato red pepper hash, and mature cheddar-style vegan cheese in a whole wheat tortilla.  
Turkey Chorizo Breakfast Wrap  
Turkey Chorizo hash, scrambled eggs, jack cheese, and cilantro-lime sauce in a tomato tortilla.  
Ranchero Breakfast Wrap – *VEGETARIAN FRIENDLY*  
Spicy vegetable hash, cage-free scrambled eggs, black beans, jack, cheddar, habanero mozzarella, chipotle mayo, and cilantro-lime sauce on a garlic and herb tortilla.  
Southwest Chicken Wrap  
Chicken breast, white rice, corn, black beans, tomato, jack, cheddar, habanero mozzarella, chipotle mayo, and cilantro chimichurri in a spinach tortilla.