

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
Blueberry Scone
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.