

VANCOUVER FOOD MENU Housemade, fresh baked, daily

MUFFINS

Blueberry Oatmeal
Cranberry 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
Double Chocolate Brownie – *VEGAN FRIENDLY*
Ginger Molasses – *SEASONAL*
Krispie Oatmeal Raisin
Peanut Butter – *GLUTEN FREE 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
Cheese Croissant
Chocolate Croissant
Cinnamon Roll
Cinnamon Roll with Cream Cheese Icing

Double-Baked Almond Croissant
Double-Baked Belgian Chocolate 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

Double-Smoked Bacon & Egg Breakfast Sandwich
Egg, Two-Rivers double-smoked bacon, medium cheddar, comeback sauce on english muffin.
Veggie & Egg Breakfast Sandwich – *VEGETARIAN FRIENDLY*
Egg, roasted red pepper, tomato jam, arugula, havarti on 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.