

LOOSE TEAS

ORGANIC GREENS

	Bulk Price
FT Green Jade Cloud 1.50	4.00 oz.
FT Moroccan Mint 1.50	4.00 oz.
FT Green Jasmine 1.75	5.00 oz.
Sencha (Japan) 4.00	14.00/lb. grams
Sweet Matcha 4.00	11.00/100 grams
Matcha 100% Premium Powder 1.50	1.50/packet

ORGANIC BLACKS

	Bulk Price
FT Darjeeling 2 nd Flush 3.15	10.00 oz.
FT Earl Grey 1.75	6.00 oz.
FT Lavender Earl Grey 1.50	6.00 oz.
FT China Breakfast 1.50	4.00 oz.
FT Vanilla Black 4.00	6.00 oz.

ORGANIC PU-ERH

	Bulk Price
FT Vanilla mint 4.00	6.00 oz.

ORGANIC WHITE

	Bulk Price
Peach Blossom, White 1.75	6.00 oz.
Wild Rose, White 1.75	6.00 oz.

ORGANIC MATE (no caffeine)

	Bulk Price
Spicy Ginger Mate 1.00	4.00 oz.

OOLONG

	Bulk Price
Iron Goddess of Mercy 1.00	6.00 oz.
Organic Plum Oolong 1.50	5.00 oz.

ORGANIC BOTANICALS (no caffeine)

	Bulk Price
Chamomile 1.15	3.00 oz.
Ginger 1.50	3.50 oz.
Five Ginseng 1.50	4.00 oz.
Roschips 1.00	3.00 oz.
Scaris 1.75	6.00 oz.
Lemongrass Melange 1.75	7.00 oz.
Mystic Mint 1.15	3.00 oz.
Peppermint 1.15	3.00 oz.
Tangerine Ginger 1.00	4.00 oz.
Unity 1.75	4.00 oz.
FT Citrusmint Plum 1.50	4.00 oz.
Serena Dream 1.50	4.50 oz.
Bergamot Sage 1.50	4.00 oz.
Turmeric Ginger 1.50	4.50 oz.

ORGANIC ROOIBOS (no caffeine)

	Bulk Price
FT Rooibos 1.50	3.00 oz.
FT Ginger Lime Rooibos 1.75	4.00 oz.
FT Blueberry Rooibos 1.75	5.00 oz.

ORGANIC CHAI

	Bulk Price
FT Masala 4.00	4.00 oz.
FT West Cape Chai (no caffeine) 4.00	4.00 oz.

ORGANIC YELLOW

	Bulk Price
Yellow Buds 4.50	6.00 oz.

FT = FAIR TRADE

HOT COFFEES

WE USE FRESH ROASTED ORGANIC & FAIR TRADE COFFEE BEANS

In house mug of coffee 1.75

Spicy coffee add .50

Espresso 2.00 dbl 3.00

Cappuccino 3.00

Caffe Americano 2.00 dbl 3.00

Caffe Macchiato (traditional) 2.25

Caffe Latte 4.00

Spicy Latte 4.00

Caffe Mocha 4.00

Cafe au Lait 2.50

ORGANIC SOY MILK or ALMOND MILK .50 extra

ORGANIC FLAVOUR SYRUPS .50 extra

caramel/ hazelnut/ vanilla &

our homemade organic dark chocolate sauce

SPECIAL LOVE COFFEES

NOCHA LOVE 4.50

espresso/ dark chocolate sauce/ steamed milk/ cinnamon/ nutmeg/ sugar/ whipped cream/ chocolate shavings

CARAMEL LOVE 4.50

espresso/ caramel sauce/ vanilla syrup/ steamed milk/ whipped cream/ chocolate shavings

BOLO LOVE 4.50

espresso/ dark chocolate sauce/ caramel sauce/ steamed milk/ whipped cream/ chocolate shavings

BACI LOVE 4.50

espresso/ dark chocolate sauce/ hazelnut syrup/ steamed milk/ whipped cream/ chocolate shavings

HONK IN LOVE 4.50

vanilla frozen yogurt/ espresso/ vanilla syrup

COOL COFFEES

Iced Cappuccino 3.50

Iced Caffe Latte 4.00

Espresso on the rocks 2.00 dbl 3.00

The Frozen Mink 4.50

(espresso/ dark chocolate sauce/ frozen vanilla syrup)

Vietnamese Iced Coffee 3.75

The Good Morning Smoothie 4.50

(see SMOOTHIES page for details)

HOT CHOCOLATES

WE USE ORGANIC & FAIR TRADE DARK CHOCOLATE POWDER

Hot Chocolate 2.75

Specialty Hot Chocolates 3.25

Mexicano (with cayenne & cinnamon stick)

Burmese (with coconut & sugar)

Cairo Cocoa (with dove/ ginger/ cinnamon)

Lavender (with lavender flower infusion)

HOT or ICED TEA LATTES

Peach Chai 4.50

West Cape Chai ** 4.50

Sweet Matcha 4.50

Sweet Matcha & Ginger 4.50

Lavender Fog 4.00

Caramel Roibos ** 4.00

Vanilla Green Ceylonese 4.00

** NO CAFFEINE

ORGANIC SOY MILK or ALMOND MILK .50 +

HOT BEVERAGES

Steamed glass of milk 1.50

with flavour syrup 2.00

Hot Apple Cider (seasonal) sm. 1.75 lg. 2.50

with caramel sauce sm. 2.25 lg. 3.25

COLD BEVERAGES

Soda Pops 1.50

V-8 2.00

San Pellegrino Drinks 2.50

Tetra pak juices 1.50

Milk 1.50

Organic Soy Milk 2.00

Almond Milk 2.00

Spring Water .75

Homemade Lemonade (seasonal) 2.00

Ginger Lemonade (seasonal) 2.50

Organic Unsweetened Iced Tea 2.50

BREAKFAST & ANYTIME

Breakfast Burrito 100

w/lebanese, honey, raisin, and walnut/raisin tortilla

Savory Breakfast Waffles 4.50

made w/ egg whites, spinach, cheese, mushrooms

Hot Oatmeal...the natural! 1.00

add pears & raisins 1.50

add date syrup & pistachios 1.50

Organic Granola O'Yogurt

topped w/ homemade fruit compote 1.00

Frittata (or available) w/ side of fresh veggies 1.00

Organic Toasted Waffles

(2 plates free buckwheat & berry) 1.75

Bagel (multi-grain/cream cheese) 2.25

Toast (wholewheat/100% rye) 1.25

Toast Toppings .75

unsaturated honey .75

organic peanut butter .75

plain cream cheese .75

lebanese yogurt cheese .75

TOASTY SANDWICHES 4.50

PB & delectable carrot & honey

PB & Banana & honey

Chocolate sauce & Banana

Avocado, Cucumber & Greenhouse Dressing

Tomato & Trout

(no onion/cucumber) *lebanese organic dressing* spinach/ natural
mango-yogurt dressing/Organic honey/greenhouse dressing

Our SPECIALTY GRILLED CHEESE TOASTIES are a great
morning treat also... check SANDWICHES section

FRESH RAW JUICE

Organic Carrot Juice 11 oz. 5.95

Carrot Juice Combo 12 oz. 6.95

organic carrots juiced with any of the following fresh fruits or veggies:

organic apple/orange/lemon/leek/fig/plum/pear/strawberry

organic kale

SMOOTHIES

BERRY NICE 4.00

natural yogurt/milk/honey/mixed berries

SPICY BANANA CAROB 4.00

natural yogurt/milk/honey/banana/lebanese carob powder

MASALA 4.00

natural yogurt/straw milk/honey/date syrup/cashew

chicken/coriander/jalapeno/pepper seeds

BLISSYAMA 4.00

natural yogurt/milk/honey/Blueberries/Banana

MANGO LOVELY 4.00

natural yogurt/honey/mango/mintwater

ALMONA 4.00

natural yogurt/milk/honey/pistachio/organic almond

FIGLIENI 4.00

natural yogurt/fig puree/pears/unsweetened

AVOCADO EDGE 4.00

avocado/lebanese maple syrup/unsweetened

LUSCIOUS LEMON 4.00

natural yogurt/peach/lemon/fruit

GINGER GREEN MACHINE 4.00

natural yogurt/milk/organic sweet potato/leek/lemon/ginger

AND...THE "GOOD MORNING!" 4.00

expresso drink chocolate syrup/banana/milk

Organic soy milk or almond milk substitutions 4.00 .25

ADD: ORGANIC HEMP SEEDS 1.00

ORGANIC FLAX OIL 1.00

(or both...what the hey!)

🌟 WEEKEND FRENCH TOAST 🌟

SATURDAY & SUNDAY 7 a.m.

FRENCH TOAST w/ pure maple syrup 4.00

CHEESY FRENCH TOAST w/ pure maple syrup 4.50

SHRIMP CHEESY FRENCH TOAST w/ pure maple syrup 1.00

🌟 Extra Pure Maple Syrup...1.25/oz

EXTRA STUFFING: walnuts/prosciutto

fig puree/raisins

watermelon, tomato & spinach

homemade fruit compote

GOOD MORNING!

GRILLED SANDWICHES & WRAPS

OR Multigrain Bun OR Wholewheat Bun OR 100% Rye Bread \$4.50

OR Brown rice tortilla (gluten free) \$4.00 extra (all are vegan friendly)

- PATRICIA MELT** prepared tuna salad with a hint of curry / aged white cheddar / red onions
- ROBERTO PANINI** salami-prosciutto deli meat / asiago cheese / sun-dried tomato spread / fig puree / spinach leaves
- KOSLOBSANOWA ON RYE** slices of garlic infused high-quality polish deli sausage / special saurkraut dressing / aged white cheddar
- KULA-TURK** oven roasted turkey deli meat / garlicky white bean spread / tomato / cucumber
- FETA LOVER** feta cheese / black olive tapenade / sun-dried tomato spread / leafy greens
- ANTIPASTO PARTY** homemade roasted eggplant puree / marinated artichokes / red pepper spread / basil pesto / la bomba sauce (picante) / asiago cheese
- CICHI ROTI** mashed chick peas / grated carrot / homemade (vegan-friendly) curry dressing / spinach leaves ... wrapped in marokou fattoush (or vegan-friendly tortilla)
- TOFU WRAP** home-made sauced and grilled tofu steak / in-house (vegan-friendly) dressing / greens / carrot / red cabbage... wrapped in marokou fattoush (or vegan-friendly tortilla)

AND OUR FAVORITE! ... (not grilled)

- LOADED VEGGIE LOOLA** carrot / cabbage / red onion / bell pepper / tomato / cucumber / avocado / spinach / aged white cheddar / herbamare-organic seasoning / creamy garlic OR greenhouse (vegan-friendly) dressing in Whole Wheat Pita ... and a toothpick or two to hold it all together!

Vegan options include "hold the cheese" or substitute **DAIYA DAIRY FREE** \$1 extra

"Hot" serving of **DAIYA DAIRY FREE** \$3 extra

SPECIALTY GRILLED CHEESE SANDWICHES

We prepare our grilled cheese sandwiches with a touch of aged white cheddar or Daiya dairy free melted in between *Kilena's Bakery wholewheat bread*. (Gluten free tortilla available \$1 extra)

GOOD OL' JUST CHEESE \$4.99

CHEEDAR w/ FIG PUREE \$ 7.99

CHEEDAR, SPINACH & RED ONION \$ 7.99

CHEEDAR & SPICY KUNGPO CHUTNEY \$ 7.99

CHEEDAR, PECANS & DATE STRIP \$ 7.99

CHEEDAR+ TORONTO w/ HERBAMARE SEASONING \$ 7.99

CHEEDAR, BALSAMIC, CUMINUM & SUNFLOWER SEED \$ 7.99

AND FOR THE BLUE CHEESE LOVERS (w/ or w/o)..... DANISH BLUE, WALNUTS & PRICKET PEAR JAM \$ 8.99

WARM BOWLS

BOWL OF HOMEMADE SOUP

We prepare our homemade soups always vegan friendly. 4.00/ea. 2.5

PLEASE CHECK OUR FRONT BOARD FEATURE

BOWL OF HOMEMADE STEW

We prepare our homemade stews always vegan friendly. 4.00/ea. 4.50

PLEASE CHECK OUR FRONT BOARD FEATURE

BOWL OF MISO SOUP

We use organic fermented soy miso topped with green onions/ red cabbage/ shredded carrot and kombu. 4.00

SALAD BOWLS

FIXED GREENS 1.50

mixed greens/ grapes/ carrots/ red cabbage/ sunflower seeds

DRESSING OF HOMEMADE DRESSING: ALFALFA + BALSAMIC + GREENHOUSE (vegan friendly)

CAESARISH 1.50

romaine lettuce/ homemade garlic croutons/ capers/ red onions/ alpage cheese/ homemade (vegan friendly) caesarish dressing

MEDITERRANEAN CHICK PEA 1.50

chick peas/ cherry tomatoes/ cucumbers/ feta cheese/ shaved beetroots/ red onions

extra virgin olive oil and red wine vinegar dressing

POPEYE 1.50

organic baby spinach leaves/ bell pepper/ red onion/ feta cheese/ chopped pecans/ homemade (vegan friendly) figgy dressing

COURCOUR DELIGHT 1.50

whole wheat couscous/ shredded carrot/ chick peas/ raisins/ red onion/ raw pumpkin seeds

homemade (vegan friendly) vanilla-date dressing on a bed of greens

BLUE-GREEN 1.50

organic kale/ blue cheese/ sliced lemon/ dried cranberries/ walnuts/ homemade (vegan friendly) pear dressing

TALIBOLA VIGORISE 1.50

lentil/ organic edamame/ red onions/ cherry tomatoes/ minced artichokes/ calamata olives/ cucumbers

belgian organic seasoning/ extra virgin olive oil & black olive dressing

THE ROCKET 1.50

organic arugula/ goat cheese/ homemade full croutons/ walnuts/ red onions/ extra virgin olive oil dressing

FIXE TOFU 1.50

grilled tofu rectangle/ greens/ shredded carrot/ whole wheat couscous/ in-house vanilla-date dressing

NICE NICE 1.50

organic brown rice/ red cabbage/ shredded carrot/ cucumber/ red pepper/ woods/ black sesame seeds

in-house sauté blend of ginger, garlic, organic coconut, mango chutney & olive oil

† Top any salad bowl with a **GRILLED TOFU STEAK**

\$ extra

‡ Substitute any cheese above with **DAIYA DAIRY FREE**

11 extra

‡ Add **DAIYA DAIRY FREE**

\$ extra



ACCENT PLATES

ANTIPASTO PLATE 11.95

marinated grilled artichoke / slice of salami / prosciutto deli meat / sundried tomato purée / black olive tapenade / red pepper spread / mascarpone cheese / speciality crackers

CHEESE PLATE 11.95

coming for 1-3 persons of white cheese / rich mascarpone creamed cheese / tubero ginger chutney / red pepper jelly / apple butter / speciality crackers

FRUIT, NUT AND SEED PLATE 11.95

sunflower & flax seed butter / almond butter / hot mango chutney / sliced organic apple / nuts / fresh whole dates / speciality crackers

TALODLA NACHO PLATE 12.99

organic nacho corn chips / a freshly mashed avocado / labneh yogurt cheese / cherry tomatoes / speciality salsa / fresh lime
(Dairy dairy free substitute option... £1.99)

SMALL PLATES 6.95

1. SALAMI, PROSCIUTTO SUICIS, TOMATO, ARTICHOKE HEART, ARTISANAL BREADSTICKS
1. GOAT CHEESE, ARTISANAL BREADSTICKS, MAPLE HONEY & LAVENDER
1. EGGPLANT DIP, WHITE BEAN DIP, & HOMEMADE GARLIC CRUTONS (vegan friendly)
1. GRILLED SPROUTED CORN TORTILLAS, AVOCADO, SPECIALTY SALSA (vegan friendly)
1. ARTISANAL OLIVES, TOMATO, FRESH DATES & SANITASTICUS (vegan friendly)

