

## SMOOTHIES, TOASTS & SANDWICHES

### Nutritious Smoothies

#### Green Booster

*Kale, apple, banana, cucumber, coconut water, mint leaves, & lime juice.*

\$7.99

#### Nuttin' Better

*Natural almond & peanut butter, dates, banana, unsweetened almond milk, & shaved coconuts.*

\$7.99

### Toasts

1<sup>st</sup> Piece

Add Second

#### Smashed Avocado Toast

*Fresh avocado on sourdough bread, scallions, sliced radishes, spice seasoning & sriracha-mayo*

\$8.49

+ 6.49

*🌱 Ask for Vegan Option*

W/ Atlantic Smoked Salmon

+\$2.99

W/Poached Egg

+\$1.99

#### PB & Jam Toast

*PB & fruit jam on toasted sourdough bread*

\$3.99

+ \$2.99

### Flat Breads

#### Nutella & Bananas

*Hazelnut spread with fresh bananas, shaved almonds, honey & powdered sugar on flat-bread*

\$6.99

+\$4.99

#### Halloumi Pie

*Salty Halloumi cheese w/fresh tomatoes, olives & basil leaves*

\$6.99

+\$4.99

### Grilled Sandwiches

#### Grilled Cheese

*Traditional grilled cheddar & marble cheese served on rye bread*

\$6.49

#### Smoked Salmon & Cream Cheese Bagel

*Smoked Atlantic salmon, cream cheese w cucumber served on bagel*

\$8.49

#### Salami & Brie Sandwich

*Italian-style Genoa mild salami w/ double cream Brie, sun-dried tomato pesto served on rye bread*

\$8.99

## ARTISAN PIZZAS

	<u>8"</u>	<u>Make it 16"</u>
<b>The Parody</b> <i>Margherita - Imported Italian Fior Di Latte, grass-fed Mozzarella, certified Spanish extra virgin olive oil &amp; non-GMO tomato sauce, sesame seed crust</i>	\$7. <sup>99</sup>	+ \$5. <sup>99</sup>
<b>The Flashback</b> <i>Nitrate Free Pepperoni, imported Italian Fior Di Latte, grass-fed Mozzarella, certified extra virgin olive oil from Spain &amp; non-GMO tomato sauce, sesame seed crust</i>	\$8. <sup>99</sup>	+ \$6. <sup>99</sup>
<b>The Antagonist</b> <i>Artisan Ham from Montreal, honey, hot spicy peppers &amp; oil, imported Italian Fior Di Latte, grass-fed Mozzarella, certified extra virgin olive oil from Spain &amp; non-GMO tomato sauce, sesame seed crust</i>	\$9. <sup>49</sup>	+ \$7. <sup>49</sup>
<b>The Plot Twist</b> <i>Truffles puree, baby portobello mushrooms, imported Italian Fiori Di Latte, grass-fed Mozzarella, certified extra virgin olive oil from Spain &amp; non-GMO tomato sauce, sesame seed crust</i>	\$9. <sup>99</sup>	+ \$7. <sup>99</sup>
<b>Delicious Gluten-Free Crust</b>	\$2. <sup>99</sup>	+ \$1. <sup>00</sup>

# BAR MENU



## Draft Beer

		16oz	Pitcher
SteamWhistle (Pilsner)	5%	\$8	\$30
Spearhead (Lager)	4.2%	\$7	\$30
Beau's Lug Tread (Lager)	5.2%	\$8	\$30
Black Lab (Mexican Lager)	4%	\$8	\$30
Lost Craft Revivale (Lager. Ale)	4.8%	\$8	\$30



## Tall Cans [16oz]

		ABV	
LC Diversity (Helles Lager)	5%		\$6.49
LC Daylite (Mango Session IPA)	4.5%		\$6.49
LC Eclipse (Milkshake IPA)	6%		\$6.49
LC Revivale (Lagered Ale)	4.8%		\$6.49
LC Quench (Lemon Lime Sour)	5%		\$6.49
LC Belgium Wit (Wheat)	5%		\$6.49
LC Sirius APA (Pale Ale)	4.9%		\$6.49
Henderson UPA (IPA)	6.5%		\$6
Henderson Best (Amber Ale) Henderson	5.5%		\$6
Food Truck (Lagered Blonde)	4.8%		\$6



## Ciders & other Fruits

	ABV	
Shiny Apple Cider	7%	\$8.99
Shiny Apple with Pinot Noir	6.5%	\$8.99
Pommies Original Cider	5.2%	\$8.99
Niagara Dry Apple Cider	6%	\$8.99
"Circling the Sun" Apple & Cherry Cider	5.8%	\$8.99
White Claw Hard Seltzer (Mango/Cherry/Lime)	5%	\$7.99



## Bar Rail

Rail Liquor (Gin, Vodka, Rum, Tequila, Whiskey)	1oz	\$6
• Double	2oz	+\$4
• Mixer	1oz	+\$2

\*Check with our bartender if you want to have a cocktail. Our knowledge is great, however, inventory varies.



## Wines [6oz - \$9]

		ABV
"Trapiche" Malbec		13% (AG, 2019)
"Alario" Cabernet Sauvignon		13% (CH, 2019)
"La Vieille Ferme" Luberon Blanc AOC		13% (FR, 2018)
"Bolla" Pinot Grigio		12.5% (IT, 2018)

