

Every sandwich is carefully handcrafted
using fresh ingredients



Turkey Cranberry

Thinly sliced flaky turkey breast lathered with a zesty cranberry salsa, topped with fresh baby spinach and melted Havarti cheese on grilled cranberry sourdough loaf.

Chicken Pesto

Marinated for 24 hours and oven roasted chicken breast brushed with zesty pesto sauce, accompanied with roasted red peppers, fresh baby spinach and creamy Havarti. On multigrain bread grilled until toasty brown.

Tuna Salad

A mouth watering combination of tuna, mayonnaise, crunchy celery, mild green onions, dill and a special zesty ingredient. A layer of cheddar cheese melted on marble rye.

Vegetarian

A robust layering of long English cucumbers, sweet red peppers, perfectly ripened avocado, juicy red tomatoes kissed with a balsamic reduction. A crisp piece of green leaf lettuce on top seals it together, grilled on a fragrant and savory herb focaccia bun.

Ham & Cheese Croissant

A light delight of sliced black forest ham, medium cheddar cheese, and crispy green leaf lettuce on a fluffy and buttery croissant.

Curry Chicken Wrap

A palate pleasing flavour combination of curry, sweet and savory. Marinated oven roasted chicken breast mixed together with crunchy celery, crispy red peppers, dried cranberries, wholesome walnuts and curried basmati rice. Wrapped and grilled in a savory curry tortilla.

Vegetarian Wrap

A wholesome combination of brown basmati fiesta rice, nutritious black beans, corn, crispy red pepper, cilantro, and grated cheddar cheese. Wrapped and grilled in a spinach tortilla.

Enjoy our signature breakfast options

Served all day

Breakfast Sandwich

A classic combination of fresh poached egg, sliced black forest ham, and melted cheddar cheese served on a grilled English muffin.

Veggie Breakfast Sandwich

A simple and light option with a fresh poached egg, crisp baby spinach, a ripe red tomato slice, avocado and feta cheese grilled on an English muffin.

Breakfast Wrap

A savory sensation of Italian sausage, scrambled eggs, caramelized onions and red pepper combined with toasted hash browns and melted cheddar cheese wrapped and grilled in a tomato tortilla. Served with red tomato salsa.

Home made Oatmeal

Nourishing oatmeal cooked with a medley of seasonal fruit.
Extra nourishment add: seeds & nuts.

Homestyle Bagel

Wholegrain, White Sesame, or Cinnamon Raisin

Cream cheese

Butter, jam or peanut butter

Gluten free bagel

Butter Croissant

Indulge in our variety of comfort foods

Hearty & Healthy Soups

Enjoy a bowl of wholesome daily soup. Some are rustic and comforting and others are creamy and rich. A timeless staple for every season any time of day. Served with a piece of toast or crackers.

Home Made Chili

The perfect comfort food to reach for slow cooked and steeped in flavour. Served with a piece of toast.

Beef – loaded with red & white kidney beans, chickpeas, spices and fresh vegetables.

Vegetable – loaded with red kidney beans, pinto beans, black beans, chickpeas, herbs & spices, and assorted wholesome vegetables.

Indian Inspired Samosa

Vegetable – crispy parsley infused pastry surrounds a medley of vegetables with a warm savory seasoning. Served with a sweet mango chutney.

Chicken – chicken bursting with peas, potatoes and carrots perfectly seasoned with an Indian spice blend and then folded into a pastry for a crisp taste sensation. Served with a sweet mango salsa.

Our box salads are inspired by healthy living using fresh nutrition ingredients

Chicken & Cranberry Salad

Marinated and oven roasted grilled chicken breast accompanied by dried sweet cranberries, crumbled walnuts and feta cheese over a bed of vitamin rich and nourishing spinach, green leaf lettuce & green kale. Served with your choice of dressing. Honey balsamic, maple Dijon, Asian sesame.

Deluxe Spinach Salad (seasonal)

A happy and satisfying combination of boiled eggs, savory bacon bits, red baby tomatoes, shaved purple onions, mushroom slices and shredded cheddar cheese served on top of a bed of fresh baby spinach. Served with your choice of dressing. Honey balsamic, maple Dijon, Asian sesame.

Quinoa & Kale Refresh Salad

Rejuvenate with a harmony of ingredients. Quinoa, nourishing kale, pumpkin seeds, shaved carrots. Dressed with a homemade maple Dijon vinaigrette.

Classic Verde

A delightful combination of crispy green leaf lettuce, fresh baby spinach, cucumbers, sweet red peppers and baby red tomatoes. Served with your choice of dressing. Honey balsamic, maple Dijon, Asian sesame.

Pasta Salad (seasonal)

An elegant combination of sweet & citrus. Spiral noodles tossed with black olives, roasted red peppers, sundried tomatoes, baby green peas, black olives and topped with feta cheese.

Summer Potato Salad

A true reminder of summer and an excellent choice for a BBQ. Baby potatoes, boiled egg, green onions, and crispy celery with a flavourful mayo dressing.

Indulge in a sweet bite

Chocolate Chip Cookie

Our famous chocolate chip cookies are loaded with rich, dark melt-in-your mouth chocolate chips and are nestled in a chewy golden cookie.

White Chocolate Chunk Macadamia Cookie

Smooth, sweet buttery white chocolate chunks perfectly balanced with slightly salty macadamia nuts.

Oatmeal Raisin Cookie

An award-winning blend of thick oats and plump raisins with a hint of cinnamon.

Peanut Butter Cookie

Made with natural chunky peanut butter that creates a rich, sweet and slightly salty perfect peanut-y crunchy cookie.

Country Carrot Cake

Chock full of fresh carrots, raisins and spices covered with a pineapple buttercream icing.

Lemonicious Lemon Bar

A dazzling layer of delicately tart real lemon curd shines on an all butter shortbread crust and is covered with a creamy, pure white chocolate ganache.

Triple Chocolate Chunk Brownie

Chewy dark fudge brownie packed with creamy milk chocolate chunks topped with alternate rows of combed dark and white chocolate buttercreams and finished with a fine dark chocolate drizzle.

Classic Date Square

Scrumptious date filling enhanced with a hint of orange that sits upon a wholesome oatmeal crust and is topped with a traditional crunchy golden crumble.

Butter tart

A Canadian quintessential treat. A sweet buttery tart in a flaky pastry.

Italian Biscotti

A traditional Italian treat. Twice baked, dry and crunchy making it the perfect treat to dip in your tasty hot drinks.

Macaron

A sweet meringue-based confection that pairs beautifully with your specialty coffee.

Fresh baked muffins

Baked fresh every morning.

Moist and delicious loaves

The perfect simple treat, moist and delicious every time. Lemon, banana, omega 3 & 6 orange cranberry.