

Raw Mains

RASPBERRY BANANA PANCAKES 15

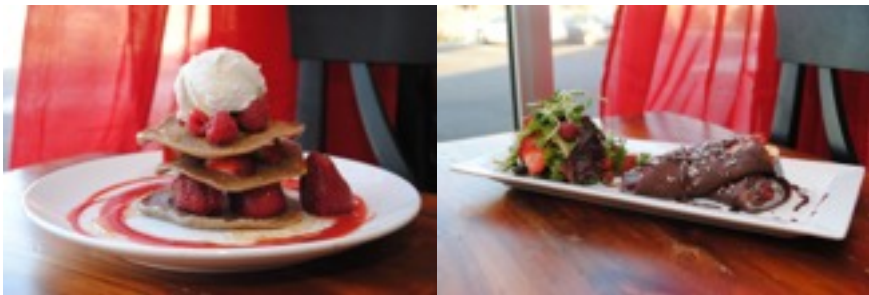
bodacious blend of orange juice, agave, banana, apple, coconut, cashews, flax and raspberries; prepared with love and dehydrated to seal in the flavour; served with fresh seasonal berries, raw vanilla cashew coconut ice cream

CHOCOLATE COCONUT CREPES 15

your favourite skinny breakfast treats made with pear, flax, cacao, coconut and lemon, dehydrated to a flexible roll-up stuffed with blueberry cashew whipped cream and banana and drizzled with ancho chocolate sauce and strawberry compote served with a fresh fruit salad

CREAM CHEESE BLT SAMMY 15

coconut bacon with lettuce and tomato partnered with cashew cream cheese on parsnip bread and served with a mixed green salad



Cooked Mains

ALMOND BUTTER & JAM FRENCH TOAST 15

two pieces of gluten-free bread with the centre stuffed of almond butter, banana and jam; dipped in rice milk, cardamom and vanilla and then grilled; served with a fresh fruit salad

GLUTEN-FREE PANCAKES A LA MODE 15

gluten-free pancake mix, coconut oil, flaxseeds, rice milk served with vanilla coconut milk ice cream

GRILLED CHEESE SAMMY 15

two pieces of gluten-free bread stuffed with daiya cheese, shaved apple and basil; served with hot potatoes

ALMOND BUTTER & JAM TOAST 6

two pieces of gluten-free toast smothered in almond butter and jam



Have a smoothie or Juice with your meal!

FREE bottomless coffee or tea with an entree purchase! Pick up a guitar and strum a song or two!

Please inform us of any allergies!

Brunch Menu