

coffee

available iced



TAX INCLUDED IN COFFEE PRICING

all espresso drinks: 2 shots unless specified

kicking horse coffee: medium - smart ass | dark - kick ass | espresso - cliff hanger

any size **\$3.00**
self serve drip coffee
tea: black | green | herbal

1 or 2 **\$3.00**
espresso shot

12oz. **\$3.75** 16oz. **\$4.00**

12oz. **\$4.00** 16oz. **\$4.25**

12oz. **\$4.50** 16oz. **\$4.75**

americano
kids steamer

americano misto
red eye

cappuccino

12oz. **\$5.25** 16oz. **\$5.50**

12oz. **\$5.50** 16oz. **\$5.75**

12oz. **\$6.00** 16oz. **\$6.25**

latte | chai latte
london fog
hot chocolate

flat white
dirty chai

mocha
white choc. mocha
caramel macchiato

milk substitutes

almond | coconut | soy | oat

12oz. **\$0.75** 16oz. **\$1.00**

coffee additions

whipped cream | cold foam
espresso shot

\$0.75

add some flavour

12oz. **\$0.50** 16oz. **\$0.75**

vanilla (sf) | caramel (sf)
hazelnut (sf)
salted caramel | raspberry
coconut | peppermint
white chocolate
white chocolate raspberry
chocolate hedgehog



smoothies

berry blend

blueberries & raspberry blended
with strawberry sorbet & cran

\$6.00

coconut
fruit puree blended with ice,
coconut milk & coconut syrup

specialty crafted

hibiscus
sweet tea
\$4.50

italian
soda
\$4.50

shaken
espresso
\$5.00

cold brews

black
\$4.00

flavoured
\$4.75

sweet
cream
\$5.00

cold foam
\$5.25

iced drinks



grill combos

your choice of sandwich with
small daily soup or homemade pasta salad + pastry

sandwich only option available

all grilled
sandwiches
available on
gf bread
+\$1



classic grilled cheese

mozza & cheddar grilled
on your choice of bread

\$13.99

grilled ham & cheese

ham, mozza & cheddar grilled
on your choice of bread

\$15.99

double stuffed

grilled ham & cheese

double the meat & cheese
on your choice of bread

\$17.99

classic blt

bacon, lettuce, tomato & mayo
on your choice of bread

\$17.99

turkey blt

deli turkey, bacon, lettuce, tomato
& mayo on a cheese bun

\$19.99

rueben

pastrami & swiss cheese
with sauerkraut & thousand island
on coarse rye bread

\$19.99

philly cheese

in-house roasted beef with swiss
grilled bell peppers & onion
mayo on a sub bun

\$19.99

pulled beef sliders (2)

in-house roast beef topped with
homemade coleslaw,
honey mustard & sesame oil on dinner bun

NEW • NEW • NEW
\$19.99
NEW • NEW • NEW

club sub

deli turkey & ham with bacon & cheese
lettuce, tomato & mayo on a sub bun

NEW • NEW • NEW
\$20.99
NEW • NEW • NEW



lunch



menus - on left

grab and go sandwiches

a selection of ready made sandwiches & savoury items
no substitutions | grilled + \$2 | add soup or pasta salad & treat + \$5

**egg or tuna
salad sandwich**

\$7

custom sandwich

create your own
1 meat & 1 cheese + veg

\$14.99

italian sub

pepperoni, ham & salami
with mozza cheese
lettuce, tomato &
onion + italian dressing

\$13.99

pizza sub

pepperoni & back bacon
with mozza & cheddar
spinach, onion &
banana peppers + pizza sauce

\$13.99

deli subs

your choice of meat with
cheddar, mayo & margarine

ham
\$8.49

beef
\$9.25

turkey
\$9.49

croissant-wich

your choice of meat with
cheddar, mayo & margarine

ham
\$9.49

beef
\$10.25

turkey
\$10.49



soup & chili

choice of white or brown dinner bun

sm. soup + bun

\$5.50

lrg. soup + 2 buns

\$6.25

sm. chili + bun

\$9.99

lrg. chili + 2 buns

\$12.99

daily special

today's ready-made creations
no substitutions | grilled + \$2

sandwich

\$12

**sm. soup or pasta salad
+ sandwich & treat**

\$17.50

**lrg. soup or pasta salad
+ sandwich & treat**

\$18.25

lunch

other grab and go

pizza pretzel

\$4.99

**jamaican
beef patty**

\$4.99

sausage roll

beef

\$3.99

veggie roll

leeks & cheese

\$3.99

**homemade
pasta salad**

macaroni or dill pickle

sm.
\$5.75

lrg.
\$7.25

family
\$14.99

canned | bottled beverages

can pop
bubly & water

\$2.50

pure leaf | milk

\$4.50

orange | apple
juice

\$3.50



loaded omelette

ham & cheese with tomato, onion, spinach, bell peppers & mushrooms with your choice of toast

2 egg
\$14.49

3 egg
\$15.49

breakfast all day

toast

2 pieces

your choice of bread

\$4.25

breakfast sandwich

egg & cheese, back bacon or sausage patty on a kaiser bun

\$6.99

full breakfast

2 eggs, toast & hashbrowns with your choice of bacon or sausage patties

\$14.25

french toast

4 slices - your choice of bread

\$14.25

sides

egg
\$2

bacon
\$4

sausage
\$4

hash.
\$4

baked goods

bread white | whole wheat | french

each
\$2.75

5+
\$2.50
each

specialty breads

coarse rye, light rye, sourdough
multigrain onion-rosemary pan
sandwich loaves

each
\$6.00

5+
\$5.60
each

each
\$1.25

**cheese
buns**

each
\$2.50

**fresh
crossiants**

crusty & dinner buns

each
\$0.50

6for
\$2.50

12
\$4.80

kaiser & 8" hot dog buns

each
\$0.65

6for
\$3.75

12
\$7.00

brioche & sourdough buns

each
\$0.75

6for
\$4.50

12
\$9.00

sub buns

each
\$0.90

6for
\$5.40

12
\$10.80

shortbread cookie

each
\$0.65

almond macaroon

each
\$0.80

donuts, donut hole clusters
bear claws, turnovers,
long johns bismarks & danish

each
\$1.75

six+mix
\$1.42
each

six
\$8.50

apple fritters, jumbo cookies
cinnamon buns & twists
regular muffins

each
\$2.75

six+mix
\$2.25
each

six
\$13.50

black forest muffin, carrot cake
banana bread, squares, canolli
cream filled long johns

each
\$3.75

six
\$22.50

six items or more - no tax



gluten free

all grilled sandwiches available on gf bread +\$1

\$5.25 **toast**
2 pieces - gf white or multi-seed

\$7.99 **breakfast sandwich**
egg & cheese, back bacon or sausage patty on a gf bread

\$15.25 **full breakfast**
2 eggs, gf toast & hashbrowns with your choice of bacon or sausage patties

\$15.25 **french toast**
4 slices - on gf bread

\$12.99 **ready-made sandwich**
today's creation
ask server for details

lrg \$13.99 **homemade chill**
served with 1 slice + gf toast

cookies
almond macaon
sugar cookie

each **\$0.80**

brownie
each **\$4.99**

custom sandwich
create your own
1 meat & 1 cheese + veg

\$15.99

breakfast all day

*all buns & bread excluding brioche kaiser

\$4.25 **toast & jam**
2 slices of toast - no butter

\$7.99 **breakfast sandwich**
vegan bacon & vegan egg patty with vegan cheese on kaiser bun

\$15.25 **bacon & eggs**
vegan bacon with 2 vegan egg patties hashbrowns & toast

lunch

\$13.99 **vegan blt**
vegan bacon | vegan mayo with lettuce & tomato

\$14.99 **vegetarian black bean burger**
veggie patty with lettuce, tomato & onion mayo & mustard on a kaiser bun

\$14.99 **custom | grilled sandwich**
assorted veggies on your choice of bread with or without vegan bacon



vegan treats

apple turnover
each **\$1.75** six **\$8.50**

cinnamon twist
oatmeal raisin
cookie
each **\$2.75** six **\$13.50**

vegan smoothies
ask server