



juice+java

cafe & creperie menus

savoury crêpes



breakfast

egg, ham, cheddar, tomato, spinach, mayo, maple syrup

9.95

brie & apple

brie, bacon, apple slices, apple sauce

9.95

ham & swiss

black forest ham, swiss, tomato, spinach, honey mustard

9.95

florentine

egg, feta, tomato, spinach, herb aioli, maple syrup

10.95

vegetarian delight

goat cheese, avocado, red peppers, tomato, kale, cucumbers

11.95

smoked salmon

smoked salmon, cream cheese, capers, red onions

11.95

roast beef melt

roast beef, swiss, caramelized onions, red peppers, tomato, srirachi aioli, spinach

12.95

the greek

roasted chicken, feta, tzaziki, red peppers, cucumbers, tomato, black olives, kale

12.95

the roasted veggie

oven roasted zucchini, red peppers, mushrooms, hummus, feta, spinach

12.95

farmer's bounty

roasted chicken, bacon, avocado, tomato, swiss, kale, cranberry aioli

12.95

sweet crêpes



lemon & sugar

lemon juice and sugar

5.99

cinnamon & sugar

butter, cinnamon, sugar

5.99

nutella & banana

nutella spread, sliced banana

8.95

dark choc. & strawberries 8.95

dark chocolate sauce, sliced strawberries, berry coulis

cinnaberry

butter, cinnamon, strawberries, splash of lemon, berry coulis

8.95

nutella & strawberry

nutella, strawberries, sliced almonds, berry coulis

8.95

french toast

egg, goat cheese, cinnamon, maple syrup add bacon +2

9.95

mixed fruit

strawberry, apple, pear, blueberry, banana, cinnamon, berry coulis

9.95

nutella, banana & berries 9.95

nutella, banana, mixed berries, berry coulis



grilled cheese sandwich **5.49**

CHEDDAR CHEESE AND BUTTER (+TOMATOES .50 +BACON 2)

chicken, pear & brie **7.99**

OVEN ROASTED CHICKEN WITH SLICED PEAR, BRIE CHEESE, SPINACH & HONEY MUSTARD ON GRILLED WHOLE WHEAT

croque monsieur **7.99**

BLACK FOREST HAM, BRIE CHEESE, SPINACH, PICKLES, HONEY MUSTARD ON GRILLED WHOLE WHEAT

peameal bacon & apple **7.99**

PEAMEAL BACON WITH SLICED APPLE, SWISS CHEESE, HONEY MUSTARD & SPINACH ON GRILLED WHOLE WHEAT

curry tuna melt **7.99**

HOUSE-MADE CURRY SPREAD, TUNA SALAD WITH MELTED SWISS CHEESE, SPINACH & TOMATOES SERVED ON RYE

roast beef & swiss **7.99**

ROAST BEEF WITH MELTED SWISS CHEESE, SPINACH, RED PEPPERS, PICKLES AND HONEY MUSTARD ON WHOLE WHEAT

chicken, bacon & aioli **8.49**

OVEN ROASTED CHICKEN WITH BACON, SWISS CHEESE, SPINACH, CRANBERRY AIOLI, AVOCADO & TOMATOES ON WHOLE WHEAT

the cubano **8.99**

MARINATED AND ROASTED PORKLOIN, SMOKED HAM, SWISS CHEESE, PICKLES & MUSTARD ON A BAGUETTE

roasted veggie quesadilla **10.99**

ROASTED ZUCCHINI, MUSHROOMS & RED PEPPERS, HERB AIOLI, CHEDDAR & SWISS, GOAT CHEESE & KALE SERVED WITH SALSA AND SOUR CREAM

CLASSIC SANDWICHES

egg salad sandwich 5.99

EGG SALAD MIX, LETTUCE, TOMATO & MAYO

ham & cheese sandwich 6.49

BLACK FOREST HAM, CHEDDAR, LETTUCE, TOMATO & MAYO

tuna salad sandwich 6.99

TUNA SALAD MIX, LETTUCE, TOMATO & MAYO

b.l.t. sandwich 6.99

BACON, LETTUCE, TOMATO & MAYO

veggie sandwich 6.99

SUNDRIED TOMATO HUMMUS, CHEDDAR, RED PEPPER, CUCUMBER, LETTUCE & TOMATO

breakfast sandwich 6.99

EGG, BLACK FOREST HAM, CHEDDAR, LETTUCE, TOMATO & MAYO

smoked salmon on a bagel 6.99

SMOKED SALMON, CREAM CHEESE, CAPERS, ONIONS

roasted chicken sandwich 7.49

CHICKEN, RED PEPPERS, LETTUCE, TOMATO & MAYO

clubhouse sandwich 8.49

CHICKEN, BACON, CHEDDAR, LETTUCE, TOMATO & MAYO

+avocado 1 +cheddar .50 +swiss 1



WRAPS & SALADS

asian wrap

OVEN ROASTED CHICKEN, RED PEPPERS, CRAISINS, CUCUMBERS, LETTUCE, SLICED ALMONDS AND SESAME DRESSING

8.99

roasted veggie wrap

ROASTED ZUCCHINI, MUSHROOMS AND RED PEPPERS, HERB AIOLI, KALE & SPINACH

8.99

caesar wrap

OVEN ROASTED CHICKEN, CUCUMBERS, GRATED PARMESAN CHEESE, REAL BACON BITS, LETTUCE & CAESAR DRESSING

8.99

greek wrap

OVEN ROASTED CHICKEN, FETA, HOUSE VINAIGRETTE, ROMAINE, OLIVES, CUCUMBERS, TOMATOES, RED PEPPERS & RED ONIONS

8.99

garden salad side 5.99 full 8.99

ROMAINE LETTUCE, CUCUMBERS, TOMATOES, RED PEPPERS, RED ONIONS & OUR HOUSE BALSAMIC VINAIGRETTE

caesar salad side 6.49 full 9.49

ROMAINE LETTUCE, CROUTONS, REAL BACON BITS, CAESAR DRESSING AND GRATED PARMESAN CHEESE

greek salad side 6.49 full 9.49

ROMAINE LETTUCE, OLIVES, CUCUMBERS, TOMATOES, PEPPERS, RED ONIONS, FETA & HOUSE OREGANO BALSAMIC VINAIGRETTE

asian salad side 6.49 full 9.49

ROMAINE LETTUCE, CUCUMBERS, RED PEPPERS, RED ONIONS, CRAISINS, SLICED ALMONDS & SESAME DRESSING

spinach salad side 6.49 full 9.49

BABY SPINACH WITH STRAWBERRIES, ALMONDS, CRAISINS, RED ONIONS, GOAT CHEESE WITH RASPBERRY VINAIGRETTE

+protein
3.49
tuna
chicken
egg salad

+avocado 1



HOT & COLD DRINKS

coffee	(HOT OR ICED)	2.00	2.25	2.50
latte / capp.	(HOT OR ICED)	3.50	3.99	4.50
homestyle cocoa		3.50	3.99	4.50
chai latte	(HOT OR ICED)	3.50	3.99	4.50
matcha latte	(HOT OR ICED)	3.99	4.25	4.75
cafe mocha	(HOT OR ICED)	3.99	4.50	4.99
espresso / macchiato		2.25	2.75	
		<small>single</small>	<small>double</small>	
americano	(HOT OR ICED)	2.50	2.99	
		<small>single</small>	<small>double</small>	
+flavour shot .75 +almond milk or lactose free milk 1				
coffee beans				
1lb 14.00	1/2lb 9.00	sumatra 1lb 18.00	1/2lb 12.00	espresso 1lb 18.00 1/2lb 12.00
loose leaf tea		2.25	2.50	2.99
natural lemonade		3.25	4.25	4.99
loose leaf iced tea		2.99	3.99	4.99
tea-monade	ICED TEA & LEMONADE	2.99	3.99	4.99
juice	(APPLE, CRANBERRY OR MANGO)			2.50
pop or water	1.50	perrier	2.75	



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two egg veggie omelette 8.99

WITH CHEDDAR, RED PEPPERS, TOMATOES, RED ONIONS, SPINACH & AVOCADO
SERVED WITH WHOLE WHEAT TOAST

peameal bacon omelette 10.99

PEAMEAL BACON, TOMATOES, RED PEPPERS, RED ONIONS, SPINACH AND CHEDDAR
SERVED WITH WHOLE WHEAT TOAST

egg white florentine omelette 10.99

HERB AIOLI, FETA CHEESE, RED PEPPERS, ONIONS, TOMATOES AND SPINACH
SERVED WITH WHOLE WHEAT TOAST

soup du jour 4.99

soup of the day. ask for details

yogurt parfait 4.99

an assortment of seasonal mixed fruit topped with yogurt

homestyle chili (fall/winter) 6.99

award winning chili made in-house

make it a combo with soup +4.00

choose any sandwich or wrap and add a soup du jour

side of tomato / bocconcini 3.00

SMOOTHIES

strawberry banana **blueberry banana**

(strawberry, banana, cranberry & vanilla yogurt)

(blueberry, banana, cranberry & vanilla yogurt)

mango tango

(mango, banana & vanilla yogurt)

bango berry

(mango, strawberry, banana & vanilla yogurt)

chai freeze

(chai tea & milk)

cherry cranberry

(cherry, cranberry, banana & vanilla yogurt)

5.99

berry blast

(blueberry, strawberry, cherry,
cranberry, banana & vanilla yogurt)

chocolate chimp

(premium cocoa, peanut butter, banana & milk)

pink lemonade

(fresh squeezed lemonade and strawberries)

matcha freeze

(green tea matcha & milk)

6.49

+protein 1 +matcha shot 1 +lactose free milk or almond milk 1