

Juices & Smoothies

JUICES
Small 10 | Large 15

THE HULK
baby kale, green apple,
cucumber, spinach,
ginger root & orange

SUBLIME DETOX
pineapple, cantaloupe, carrots,
orange, ginger root

REVITALIZE
carrot, celery, red apple,
cucumber, lemon

CARROT ZINGER
carrot, oranges, lemon, ginger

SMOOTHIES
Small 10 | Large 15

add plant based, all natural
protein powder | 4

BLUEBERRY BANANA
almond milk, old fashioned oats,
almond butter,
bananas & blueberries

POWER GREEN SMOOTHIE
kiwi, banana, pineapple,
spinach, greek yogurt,
almond milk

**PEANUT BUTTER STRAWBERRY
BANANA**
strawberries, banana,
peanut butter, almond milk

Wellness Shots

SHOTS \$4

DIGESTIVE BOOST
pineapple, mint & ginger

ANTI-INFLAMMATORY
carrot, apple & turmeric

IMMUNITY BOOST
blueberry, ginger & lemon

BREAKFAST MENU

Eggs & Things

BUILD YOUR OWN OMELET
choice of organic eggs,
egg whites or
egg beaters... 17

FITNESS FRITTATA
egg whites, kale, spinach,
tomato, green onions
and feta cheese... 18

CLASSIC BREAKFAST
two eggs any style,
choice of bacon, pork
sausage, turkey sausage or
ham. Choice of toast, fruit
or hash browns... 17

FRENCH OMELET
gruyere cheese, spinach
and fresh herbs.
Choice of toast, fruit or
hash browns... 17

**M-SIDE CAFÉ
BREAKFAST BURRITO**
organic eggs, home fries,
bacon, cheese and
avocado with salsa
on the side... 18

****VEGETARIAN OPTION
AVAILABLE****

JOE'S SPECIAL
ground beef, red onions,
mushrooms, spinach,
organic eggs,
grilled tomatoes...20

CAFE HUEVOS RANCHEROS
corn tortillas, black beans,
sliced avocado, cotija
cheese, ranchero sauce,
2 farm fresh eggs... 23



From the Griddle

SWEDISH PANCAKES | 17
served with lingonberry jam
& powdered sugar

FULL CANADIAN STACK | 19
three buttermilk pancakes
stacked, 2 eggs your way,
pea-meal bacon, maple syrup

**MARSCAPONE & STRAWBERRY
FRENCH TOAST | 19**
thick slices of dipped brioche,
with sliced almonds,
maple syrup

**APPLE CINNAMON
BROWN SUGAR PANCAKES | 18**
candied walnuts,
vermont maple syrup

Wholesome Offerings

OLD FASHIONED OATMEAL | 9
golden raisins, brown sugar
and toasted walnuts

AÇAÍ BOWL | 16
kiwi, strawberries, sliced
bananas, toasted coconut and
house made granola

**MEDITERRANEAN
AVOCADO TOAST | 15**
cucumbers, black olives,
red onions, tomatoes,
feta cheese, avocado

Add two organic eggs | 4

**BROOKLYN ACME FAMILY SMOKED
SALMON PLATE | 23**
new york bagel, herb whipped
cream cheese, capers,
sliced red onions and tomato

VEGGIE BOWL | 20
zucchini, bell peppers, potatoes,
mushrooms, red beans,
roasted tomato salsa,
2 fresh farm organic eggs any style