

# the social gardener café.

## LITE FARE

### Toasted Pretzel Bagel \$4.49

Toasted gourmet pretzel bagel with choice of spread.

### Sourdough Toast \$3.49

Thick slice of sourdough bread, toasted with your choice of spread.

Spreads:

- vegan cream cheese +1.25
- natural peanut butter +0.75
- vegan butter +0.50
- strawberry jam +0.50

### Pretzel Twist (nf, sf) \$3.99

### STUSH Jamaican Pattie \$5.99

A delicious flaky pastry warmed to perfection. Made by a small local producer! (all are nf)

Choose your filling:

- Lentils & Veggie
- Jerk Soy Chic
- Ackee & Salted Tofu

## MAINS

### Cold Soba Noodle Bowl \$14.99

Bed of greens with soba noodles, marinated tofu, wood ear mushrooms, pickled carrots, edamame, peanuts, sesame seeds, soy-chive vinaigrette.

### Pretzel Twist BLT \$12.99

Pretzel twist bagel with smoky tempeh bacon, greens, tomato, pumpkin seed spread, garlic mayo, pepper (nf).

### Breakfast Burrito \$11.99

Whole wheat tortilla with marinated tofu, turmeric tahini dressing, greens, pumpkin seed spread, sesame mayo (gfo, nf).

### Mediterranean Lentil Bowl \$14.99

Bed of greens with lentils, seasoned chickpeas, tomatoes, pickled carrots, black olives, feta, sunflower seeds, pink chive blossom dressing (gf)

### Kale Caesar \$12.99

Kale, greens, tempeh bacon, sourdough croutons, parmesan cheese, edamame, house-made caesar dressing (gfo).

### Sourdough Bruschetta \$11.99

Sourdough toast with edamame spread, tomato, fresh basil, feta, olive oil, salt and pepper (nfo).

gf / gfo = Gluten Friendly/ Gluten Friendly Option (+ \$1.25)  
nf / nfo = Nut Friendly/ Nut Friendly Option  
sf = Soy Friendly

\*We cannot guarantee a 100% gluten, nut or soy free meal since we work with these ingredients. Please speak to our staff about any allergy concerns.

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## DRINKS

### Coffee

- Latte (iced or hot) \$4.99 / \$5.79  
Americano (iced or hot) \$3.99 / \$4.49  
Cold Brew \$3.99 / \$4.49  
Mocha Frappe \$4.49 / \$4.99  
Mocha \$5.49 / \$5.99  
Shot in the Dark \$4.49 / \$4.99  
Espresso - single/double \$2.49 / \$3.49  
Cappuccino \$4.49  
Cortado \$3.79  
Macchiato - single/double \$2.99 / \$3.99  
Misto \$3.79  
Drip \$2.49 / \$2.99

### Tea & More

- Banana Split Shake \$4.99 / \$5.29  
Feature Lemonade/Iced Tea \$2.79 / \$3.29  
Matcha Latte (iced or hot) \$5.49 / \$5.99  
Tea Latte \$5.29 / \$5.79  
Steeped Tea \$2.79 / \$3.29

\*Premium wellness teas +\$0.25

- Hot Cocoa \$4.49 / \$4.99

\*Add vegan mini marshmallows! + \$0.50

## SMOOTHIES

- Tropical** \$8.99 / \$9.99  
Pineapple, mango, orange,  
banana, turmeric, coconut milk.
- Banana Berry** \$8.49 / \$9.49  
Banana, mixed berries,  
cinnamon, soy milk.

- Green Superfood** \$8.49 / \$9.49  
Greens, sprouts, hemp hearts,  
banana, turmeric, cinnamon, soy milk.

- Peanut Butter Banana** \$8.49 / \$9.49  
Natural peanut butter,  
banana, chia, soy milk.

## BAKED GOODS

- Mini Loafs \$4.49  
Chocolate Peanut Butter Bar \$4.49  
Breakfast Fuel Cookie (gf) \$3.99  
Feature Muffin (gf) \$3.49  
Chocolate Chip or Double Chocolate  
Cookie (gf) \$2.49

\*Check out our counter for more baked goods!



### Milk Options:

- Soy
- Almond
- Oat
- Coconut