

CROISSANTS

*All served with oven roasted potatoes

Smoked Salmon \$14

Onions, capers

Club \$14

Chicken, prosciutto, lettuce, tomato

Tuna \$12

Peppers, onions, capers, lettuce, tomato

PLT \$11

Prosciutto, lettuce, tomato

Popeye \$11

Egg, spinach, avocado

Omelet Sandwich \$14

Croissant, 2-egg, spinach, peppers, onions

SALADS & SPA BOWLS

Spa \$13

Fresh mixed greens, cucumber, tomato, red onion, peppers, olives, SPA dressing

Caesar \$13

Kale, cashew garlic dressing, "bacon" chickpeas, crustini

Rice Burrito \$13

Brown rice, cauliflower "taco meat", black beans, lettuce, salsa, guacamole, hot sauce

Thai Noodle \$13

Rice noodles, cucumber, red peppers, zucchini, edamame, carrot, red cabbage, almonds, coconut, peanut miso dressing

Quinoa Protein Power \$13

Quinoa, sweet potato, black beans, edamame, beets, kale, hemp seeds, pumpkin seeds, lemon tahini dressing

Add-ons: Chicken, Tuna, Salmon, Avocado, Boiled Eggs

BRUNCH

Smoked Salmon Eggs Benny \$19

2 eggs, house made Hollandaise, greens, oven potatoes

Poached Egg Bowl \$15

Toast, greens, oven potatoes

Very French Toast \$15

Croissant, fresh fruit, real maple syrup

Oatmeal \$10

Fresh fruit, RAW granola, cinnamon

Avocado Toast (w/ eggs) \$14/\$18

Tomato, cucumber with mixed greens

Greek Yogurt Bowl \$10

Fresh fruit, RAW granola, honey drizzle

3 Egg Omelet (Thu-Sun) \$18

spinach, peppers, onions, toast, greens, oven potatoes

SPA WRAPS

*Served with choice side soup or SPA salad

Falafel Wrap \$14

Tahini, pickles, turnip, onion, romaine lettuce

Roasted Eggplant \$14

With side soup or salad, romaine, onion, bell peppers

Chicken Caesar Wrap \$16

Kale, cashew garlic dressing

Tuna Wrap \$16

Whole wheat, arugula, tomato, onion, peppers, capers

HOT DRINKS

Americano (single/double) \$3.5/\$4.5

Drip Coffee (12oz/16 oz) \$3/\$3.5

Machiato \$3.5

Latte \$4.5

Cappuccino \$4

Espresso \$2.5

Chai Latte \$4.5

London Fog \$5

Matcha Latte \$5.5

Gourmet Hot Chocolate \$4.5

Flavour add-ins/Extra Shot \$1

ORGANIC TEA SELECTION:

Regular \$3.75

Mini Pot \$5

COLD DRINKS

Cold Brew \$6

Nitro Cold Brew \$6.5

Organic Cold Pressed OJ \$6

Juice (apple or pineapple) \$3

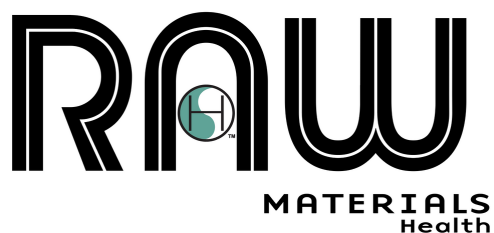
Crushed Orange (or lemon) \$6

Flow Water (500ml/1L) \$3/5

Sparkling Water (330ml/750ml) \$3/6



www.spacafe.ca



RAW JUICES \$9

**Organic, Cold Pressed, Vegan
Probiotic Infused, No Added Sugar**

V-Green 1 Allure

V-Green 2 Resilient C

V-Green 3 Revival

Alchemy Reboot

ACAI BOWLS \$14

Super Fruit Chia

Acai, banana, mango, mixed berries, almond milk, chia seeds, coconut chips, pineapple, green apple, honey drizzle

PB Crunch

Acai, banana, mango, mixed berries, peanut butter, maple syrup, almond milk, granola, almond, hemp hearts

Juice Monkey

Acai, mixed berries, almond butter, mango, banana, maple syrup, almond milk, granola, coconut, honey drizzle

Mt. Chocula

Acai, dark chocolate, mango, mixed berries, banana, maple syrup, almond milk, granola, chocolate chips, coconut

The Hulk

Spinach, kale, mango, pineapple, spirulina, dates, lemon, maple syrup, almond milk, strawberry, banana, granola, coconut, peanut drizzle

Apple Crumble

Acai, banana, mango, mixed berries, almond butter, maple syrup, almond milk, granola, red apple, blueberry, cinnamon

SUPER SMOOTHIES \$10.50

Clean Green

Spinach, kale, mango, pineapple, spirulina, dates, lemon, almond milk, with hemp heart

Tropical C

Mango, orange, pineapple, coconut milk, fruit puree

Protein Pack

Banana, blueberry, peanut butter, chocolate chips, almond milk, hemp hearts, coconut

Mega Omega

Spinach, banana, dates, avocado, coconut milk, flax seeds

Berry Nice

Banana, blueberry, acai, almond milk, chia seeds

Reinvigorate

Banana, matcha, almond milk

Add-ons:

Protein \$2

Collagen \$2

Spirulina \$1

Acai \$1

LOVE OUR FOOD?

CHECK OUT OUR
WHOLESOME
PANTRY ITEMS!