

HOT KITCHEN

- 2.88 **CHIPPIE FRIES** *cracked pepper, salt, lime* DF, VG
- 6.88 **DOUBLE BACON SANDWICH** *buttered english muffin, stacked peameal, bacon, mustard*
- 7.88 **EGG MOOK MUFFIN** *sunny side egg, crumpet, spinach, goat feta, sriracha* V
- 8.88 **CRISPY CHICKEN SANDWICH** *sweet & sour slaw* DF
- 7.88 **MELTED TUNA SANDWICH** *tomato, 3 year old white cheddar*
- 5.88 **MUSHROOM MELT** *rye, shiitake, cremini, herb purée, smoked provolone, jalapeno* V
- 13.88 **GRILLED CHICKEN** *thai style, paratha roti, basil, mint* DF
- 8.88 **PASTA** *linguini spelt pasta, san marzano marinara, garlic, parmesano* V
- 7.88 **SPOLUMBO'S ON A BUN** *sausage, peppers, onions* DF
- 3.88 **CAST IRON TOMATOES** *sliced beefsteak, herbs, extra virgin olive oil* GF, DF, VG
- 3.88 **CHEESE BUN** *aged cheddars* V
- 19.88 **1/2 DOZEN CHEESE BUNS** *aged cheddar, more buns to love* V
- 5.88 **JAMAICAN PATTY & BUTTER FLAP** *beef patty, house made roll*
- 5.88 **CHEF'S DAILY SOUP** *self serve*
- 5.88 **VEGETARIAN CHILI** *self serve, crumbled tofu, 3 beans, tomatoes* VG
- 1.88 **BUTTER FLAP** *roll, baked with butter*

HOME COOKING

with a

GLOBAL TWIST

VG: vegan V: vegetarian GF: gluten-free DF: dairy-free

Note: All other market prices are as displayed

Please ask one of our staff about dietary needs or concerns. Best efforts are made to prevent cross contamination, however we cannot guarantee an allergy free environment.

GOLD KITCHEN

- 5.88 **ROAST GARLIC HUMMUS** *lemon, crunchy pita, paprika, parsley, crunchy spices, extra virgin olive oil* DF, VG
- 10.88 **BABY KALE CAESAR** *peas, parmesan, soft boiled egg* GF, V
add grilled chicken \$4.88
- 4.88 **BRUSSELS SPROUTS** *roasted, mustard sauce* GF, DF, V
- 6.88 **BEET AND POTATO SALAD** *beets, yukon gold potatoes, greek yogurt, pistachios, almond honey vinaigrette* GF, V
- 3.88 **CITRUS SALAD** *orange, grapefruit, extra virgin olive oil, puffed rice* GF, DF, VG
- 4.88 **SEAWEED SALAD** *rice wine vinegar, sesame, korean pepper* GF, DF, VG
- 5.88 **CARROT SALAD** *cous cous, raisins, toasty almonds* DF, VG
- 8.88 **HAM AND CHEESE SANDWICH** *skinny baguette, prosciutto, manchego*
- 8.88 **GRILLED CHICKEN SANDWICH** *chicken, double smoked bacon, heirloom tomato, herbed mayo* DF
- 15.88 **STACKED SANDWICH** *10 oz shaved alberta flank, horseradish mayo, crispy spinach* DF
- 2.88 **HARD BOILED EGGS** *cracked pepper, soy sauce* DF, V
- 4.88 **BISCUITS & LEMON CURD** *2 biscuits, lemon curd* V
- 4.88 **BERRY BOWL** *strawberry, blueberry, raspberry, honey* GF, DF, V
- 2.88 **MANUEL'S BAGUETTE** *each*
- 3.88 **CROISSANT** *each*
- 4.88 **CHOCOLATE CROISSANT** *each*

DESSERTS

- 4.88 **BREAD PUDDING** *banana, maple syrup, chocolate chips* V
- 5.88 **APPLE PUFF PASTRY** *caramelized golden delicious, almonds* V
- 4.88 **CHOCOLATE BANANA PUDDING** *whipped cream, maraschino cherry, shaved chocolate* GF, V
- 2.88 **APRICOT CRESCENT** *butter pastry* V

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Please refer to the other side of the menu for allergy information.