



== TEA & "ILLY" COFFEE ==

- DRIP COFFEE 4      CAPPUCCINO 6
- ESPRESSO 4.5      AMERICANO 6
- LATTE 6      TEA 5

SUB (+0.75)

ALMOND MILK | OAT MILK | SOY MILK

== SMOOTHIES ==

**OKANAGAN BERRY (GF)(DF) 11**  
blueberry, raspberry, banana,  
& maple syrup

**ALMOND BUTTERCUP (GF)(DF)(CN) 11**  
almond milk, raw almond butter,  
cacao, banana

== THE JUICE TRUCK ==  
Vancouver's first Cold-Pressed Juice Company

**THE REMEDY 10**  
cucumber, kale, ginger, pineapple & mint

**THE TURMERIC 10**  
orange, carrot, pineapple, turmeric,  
ginger & lemon

**ORANGE JUICE 10**  
cold pressed, seasonal oranges

MORE JUICES

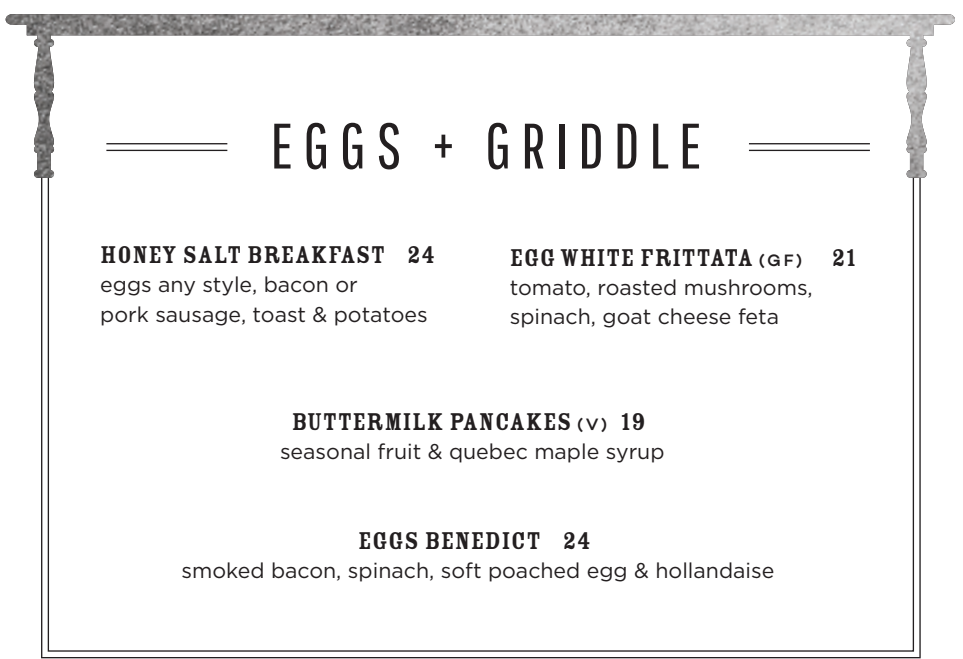
**GRAPEFRUIT 8**

**APPLE 6**

**CRANBERRY 6**

PANTRY

- CROISSANT 5**  
classic butter
- PAIN AU CHOCOLAT 6**  
butter, dark chocolate
- CEREAL 7**  
raisin bran, maple granola  
or fruit loops
- "MCCANN'S" IRISH OATMEAL (GF) 13**  
slow-cooked, stewed berries
- GREEK YOGURT (GF)(V) 8**  
plain or vanilla
- FRUIT PLATE (GF)(VG) 13**  
berries, melon, apple, banana, citrus
- BC SMOKED SALMON BOARD 21**  
sliced & potted smoked salmon,  
bagel, capers & egg
- AVOCADO TOAST (VG) 20**  
sourdough, roasted gem tomato,  
serrano chillies, tomato jam, real  
good green juice



EGGS + GRIDDLE

- HONEY SALT BREAKFAST 24**  
eggs any style, bacon or  
pork sausage, toast & potatoes
- EGG WHITE FRITTATA (GF) 21**  
tomato, roasted mushrooms,  
spinach, goat cheese feta

**BUTTERMILK PANCAKES (V) 19**  
seasonal fruit & quebec maple syrup

**EGGS BENEDICT 24**  
smoked bacon, spinach, soft poached egg & hollandaise

== SIDES ==

- CRUSHED AVOCADO 5**
- BREAKFAST POTATOES 5**
- TOASTED BAGEL 4**
- TOAST 4**
- SMOKED BACON 7**
- PORK SAUSAGE 7**
- TURKEY SAUSAGE 7**

(GF)=GLUTEN FREE, (DF)=DAIRY FREE, (CN)=CONTAINS NUTS  
(V) = VEGETARIAN, (VG) = VEGAN

