



### Simple Mornings 12\$

Fresh fruit salad  
Mediterranean yogurt, organic granola & local honey  
+ Choose 2 items from below:

Assorted fresh baked pastries 1 / person  
(butter croissants, chocolatines & fruit pastries)

Healthy bran based muffins [G]  
1 / person OR 2 minis / person

Sliced breakfast loaf  
(ie. banana bread)

Chia pudding & fruit compote [G] [L] [V]  
(chocolate OR vanilla)

Frittatas 2 / person [G] [V]

Local breakfast cheese

Raw breakfast truffles 2 / person [G] [L] [V]

Cheese bread twists 1 / person

Mini Montreal bagel & cream cheese \*\*

Breakfast egg wrap 1/2 / person [V] \*\*

### Express DT Breakie 11\$

Fresh fruit platter  
Fresh baked croissant, butter & jam 1 / person  
Filicori Coffee  
(includes: eco friendly thermos,  
disposable cups, milk, cream, sugar & stir sticks)

### Breakfast Club 15.50\$

Fresh fruit salad  
Mediterranean yogurt, organic granola & local honey  
+ Choose 3 items from below:

Local breakfast cheese

Raw breakfast truffles 2 / person [G] [L] [V]

Homemade granola Bars 1 / person [V]

Fresh baked cookies 2 / person

Assorted mini fresh baked pastries 1 / person  
(butter croissants, chocolatines & fruit pastries)

Healthy bran based muffins 1 / person [G]

Sliced breakfast loaf  
(ie. banana bread)

Chia pudding & fruit compote [G] [L] [V]  
(chocolate OR vanilla)

Frittatas 2 / person [G] [V]

Cheese bread twists 1 / person

Bourekas: savoury Middle Eastern pastries  
2 / person \*\*

Sliced Montreal bagels & cream cheese

Smoked salmon platter, red onions & royal capers\*\*

Breakfast egg wrap 1/2 / person [V] \*\*



### The Works 18\$

Fresh fruit platter  
Mini Montreal bagels & cream cheese  
Smoked salmon platter, red onions & royal capers\*\*  
Local breakfast cheeses & accompaniments  
Mini pastries 1 / person  
(butter croissants, chocolatines & fruit pastries)  
OR Mini bran based muffins 2 / person  
Mediterranean yogurt, organic granola & local honey  
OR Chia pudding & fresh fruit [G] [L] [V]  
(chocolate OR vanilla)

### Add-Ons +3\$ / person

Any item from above, excluding items with \*\*

### Beverages:

Filicori Coffee  
(includes: eco friendly thermos, disposable  
cups, milk, cream, sugar & stir sticks)  
32\$ for 12 cups OR 48\$ for 20 cups  
Filicori Tea 3.50\$

Orange juice 2.75\$  
Fresh orange juice 3.75\$  
Small / Big bottled water 2.25\$ / 4.00\$  
Small / Big sparkling water 2.25\$ / 5.00\$  
Organic juice spritzers 2.25\$  
Kiju Organic Juice 3.99\$  
Rise Kombucha 4.99\$  
Jus Pur OR Joys of Living:  
organic, fresh, cold-pressed juice 10\$  
Smoothies 4.50\$  
V8 2.25\$  
Flavoured San Pellegrino 2.75\$  
Soft Drinks 2.25\$



[G] = gluten free | [L] = lactose free | [V] = vegetarian  
Menu items subject to change for orders earlier than 8 am  
Minimum 6-person order for delivery  
Eco-friendly plates, utensils & napkins included

Please inquire about our early bird  
specials available before 8am