



**BREAKFAST – 8am-11am**  
**Saturday and Sunday**

**Hot Tempo Breakfast | 17**

Two Farm Fresh Eggs, bacon, sausage, hash browns, toast + coffee or tea

**Cold Tempo Breakfast | 14**

Fruit Salad, Yogurt, muffin, croissant + coffee or tea

**Fruit smoothie | 5**

changes daily

**Overnight Oatmeal | 5**

Coconut milk, dried apricots, maple syrup, pumpkin seeds

**Parfait | 6**

Greek yogurt, berry compote, tempo granola, honey

**Breakfast Sandwich Combo | 10**

English muffin, bacon, egg, cheddar cheese, hash browns + coffee or tea

*please always inform us of any allergies or food sensitivities consuming raw or uncooked meats, seafood, shellfish or eggs may increase your risk of food born illness*



**Lunch – 11:30am-1:30pm**  
**Monday to Friday**

**Soup today | 7 (bowl) 5 (cup)**

**House greens | 11**

hand cut greens, pickled beet, julienne apple, goat cheese, red pepper vinaigrette

**Kale salad | 12**

kale leaves, peppers, pumpkin seeds, feta, shaved red cabbage, smoked pineapple vinaigrette

**Mac n' cheese | 17**

cavatappi, double smoked bacon, roasted tomatoes, fontina + cheddar, panko crusted

*the following dishes come with choice of soup, salad or fries. Upgrade to sweet potato fries | 3.50  
Use Gluten free bread | 1*

**Famous fish tacos | 16**

soft + crispy shelled, haddock, lemon aioli, tomato jalapeño salsa

**The triple stack clubhouse | 15**

grilled cheese + bacon sandwich, chicken, lettuce, tomato, mayo

**Bacon Double Cheeseburger | 16**

Two 100 % beef patty, Artisan Egg bun Cheddar, smoked bacon, garlic aioli

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# GOOD MORNING GRAB & GO

**OPEN MON - FRI | 8AM-1:30PM**

**SAT & SUN | 8AM - 1PM**

## ***NOW SERVING HOT BREAKFAST!*** **SAT & SUN | 8AM-11AM**

*2 X Farm Fresh eggs any style bacon,  
sausage, hash browns, toast and coffee .*

**\$17**

<b>Fruit Parfait</b>	6
<b>Fresh Fruit Cup</b>	5
<b>Overnight Oatmeal</b>	5
<b>Fruit Smoothie of the Day</b>	5
<b>Muffin</b>	3
<b>Croissant</b>	3
<b>Energy Bites</b>	3
<b>Breakfast Sandwich</b>	7
<small>(Includes small Coffee)</small>	
<b>The Breakfast Bundle</b>	10
<small>(Includes breakfast sandwich, hashbrowns and small coffee)</small>	
<b>Chicken Club Wrap</b>	8
<b>Egg Salad</b>	7
<b>Tuna Salad</b>	8
<b>Oatcakes</b>	3
<b>G/F Brownies</b>	4
<b>G/F Rice Krispy Salted</b>	4
<b>Caramel Treat</b>	
<b>Soup of the Day</b>	5