



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, julienne apple, pickled beet, goat cheese, red pepper vinaigrette, pecan brittle

Add Chicken Breast or Coconut crusted Tofu | 4

Kale salad | 12

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

Add Chicken Breast or Coconut crusted Tofu | 4

the following dishes come with choice of soup, salad or fries.

Upgrade to sweet potato fries | 3.50

Use Gluten free bread | 1

Thai Chicken Wrap | 16

Asian noodles, peanut sauce, soy + ginger marinated chicken, red pepper, red onion, leeks

Famous fish tacos | 16

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

The triple stack clubhouse | 16

grilled cheese + bacon sandwich, turkey, 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

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