

menu

bennys

with potatoes

Classic Eggs Benny \$16.95

poached eggs, ham with house-made hollandaise

Pork Belly Benny \$17.95

poached eggs, pork belly with house-made hollandaise

Chorizo Benny \$16.95

poached eggs, chorizo with house-made hollandaise

Avo & Tomato Benny \$16.95

poached eggs, tomato, avocado, house-made hollandaise

hash

Sausage Hash \$16.95

sausage, eggs your way, potatoes, peppers, onions, spinach & cheese

Pork Hash \$17.95

pork belly, eggs your way, potatoes, peppers, onions, spinach & cheese

Chorizo Hash \$16.95

chorizo, eggs your way, potatoes, peppers, onions, spinach, & cheese

Veggie Hash \$16.95

eggs your way, potatoes, peppers, onions, spinach, tomatoes, avocado, & coulis

sandwiches & friends

with small soup, slaw, chips or potatoes

Avocado Toast \$14.95

avocado, oven dried tomato, arugula, poached eggs, hot honey, on sourdough

Breakie Sandwich \$15.95

egg, cheese, tomato jam on brioche select pork belly, bacon or avocado

Breakfast Tacos (2) \$15.95

eggs, salsa, avocado, cheese, cilantro cream with bacon or veggie

Lunch Tacos (2) \$16.95

chicken or pork, black beans, quinoa, salsa, slaw, avocado, cilantro cream

Grilled Cheese & Chutney \$15.95

aged cheddar, mozza, and brie with apple chutney on sourdough

Cultivate Bahn Mi \$16.95

pork belly, slaw, pickled carrot & onion cucumber, cilantro cream, sriracha, on roll

Cubano \$16.95

ham, pulled pork, swiss cheese, pickles, onions, mustard, on brioche bun

Turkey Gouda \$16.95

turkey, gouda, apple chutney, lettuce, mayo, on multi-grain kaiser

Chicken Club \$16.95

pulled chicken, bacon, tomato, lettuce, mayo, on multi-grain kaiser

Mediterranean Wrap \$15.95

peppers, onions, tomato, eggplant, zucchini, spinach, sprouts, hummus

gluten free +\$2
plus 5% gst

plant based

Smoothie Bowl \$13.95
Yogurt, fresh fruit, seed brittle
house-made granola,

Vegan Hash \$16.95
tofu, potatoes, peppers, onions,
spinach, tomatoes, avocado, & coulis

Crispy Tofu Bahn Mi \$15.95
tofu, slaw, pickled veg, cucumber, cilantro,
sriracha sauce, on roll, with soup or slaw

Bean & Quinoa Taco (2) \$15.95
Black beans, quinoa, onions, slaw,
avocado, salsa, with soup, slaw, or chips

Mediterranean Wrap \$14.95
peppers, onions, tomato, eggplant, zucchini,
spinach, sprouts, hummus, with soup or slaw

sides

	Small	large
Soup	\$5.95	\$7.95
chefs daily soup		

Slaw	\$5.95	\$7.95
cabbage, carrot, kale, & onion		

Chips	\$4.95	\$6.95
fresh cooked potato chips		

Potatoes	\$4.95	\$6.95
oven roasted potatoes		

Fruit Cup	\$6.95	\$9.95
seasonal fruit		

salads & bowls

Kale & Arugula Salad \$15.95
kale, arugula, apple, cranberries,
celery, goat cheese, dijon vinaigrette

Cultivate Greens \$13.95
Greens, oven dried tomato, cucumber,
pumpkin seeds, berry vinaigrette

Spring Bowl \$15.95
Roasted veg, pickled carrot & onion, navy
beans, oven dried tomato, greens, parmesan
cheese, croutons, green goddess dressing

drinks

Coffee	12oz	16oz
Americano	\$2.95	\$2.95
Latte	\$4.50	\$4.95
Cappuccino	\$4.50	\$4.95
Cortado (6oz)	\$3.95	
Mocha	\$4.95	\$5.50
Drip Coffee	\$2.50	\$2.95

Tea	12oz	16oz
Loose Leaf Tea	\$2.95	\$2.95
Earl grey, English Breakfast, Chai, Green, Peach		
London Fog	\$5.50	\$5.95
Chai Latte	\$5.50	\$5.95
Brewed Iced Tea		\$3.95

Other		
Pop	\$2.50	
Pepsi, Diet Pepsi, Rootbeer, 7Up, Ice Tea, San Pellegrino		
Juice	\$2.95	\$3.50
Apple, Orange, Cranberry,		
Milk	\$2.50	\$2.95
Chocolate Milk	\$2.95	\$3.50

liquor

Mimosa
5oz
\$6.95

Caesar
1oz
\$7.95

Baileys
1oz
\$3.95

Craft Beer
473ml
\$7.95

Wine
250ml
\$7.95

Cider
355ml
\$6.50

gluten free +\$2
plus 5% gst & 10% liquor tax