

cultivate

bennys.

Benny

a cultivate favourite, fresh hollandaise, 2 poached eggs, on a crispy english muffin, choose one of the following, served with potatoes \$18.45

Ham	Chorizo	+\$1
Bacon	Pork Belly	+\$2
Avo & Tomato	Brisket	+\$2

Benny Trio

choice is the spice of life, choose any 3 of our bennys, add \$3.95 for potatoes \$21.95

eggs & more.

avocado toast

avocado, arugula, oven dried tomatoes, poached eggs, hot honey, with potatoes \$18.45

breakie sandwich

egg, cheese & tomato jam, on brioche with bacon or avocado or pork belly +\$2, with potatoes \$16.45

breakfast tacos

scrambled eggs, cheese, avocado, salsa, cilantro cream, bacon or veggie, with potatoes \$17.45

classic breakfast

2 eggs, bacon, sausage or ham, with sourdough, and potatoes \$16.45

ham & cheese omelette

scrambled eggs with ham, cheese, tomato and spinach, served with side potatoes \$17.95

breakfast hash

a base of roasted mini potatoes, peppers, onions, spinach & cheese with 2 eggs, choose from: sausage, chorizo +\$1 or pork belly +\$2 \$17.95

garden hash

a base of roasted mini potatoes, peppers, onions, spinach, tomato, avocado, red pepper coulis, with 2 eggs or tofu \$17.95

We do our best to accommodate allergies, please know all food allergens are in our kitchen, and cross contamination may occur.

+\$2.45 for gluten free bread +\$2 for shared dishes

handheld.

handhelds come with your choice of small: potato chips or slaw or green salad or soup +\$1

chicken club

roasted chicken, bacon, tomato, lettuce & mayo on ciabatta \$18.95

cubano

ham, pork belly, swiss cheese, dijon mustard & pickles on brioche \$18.95

cultivate banh mi

pork belly, pickled veg, slaw, cucumber, cilantro & sriracha, on a roll \$18.95

the italian

salami, mortadella, cheese, tomato, lettuce, banana peppers, pesto & mayo, on ciabatta \$18.95

turkey gouda

roast turkey, gouda cheese, apple chutney, mayo, lettuce, on ciabatta \$18.95

grilled cheese & chutney

aged cheddar, mozza & brie, with apple chutney on sourdough \$18.45

dos tacos

chicken or pork belly, salsa, slaw, avocado, cilantro cream on soft flour shell \$17.95

sides & add ons.

fruit cup \$8.95

bacon (3) \$4.95

avocado (1/2) \$2.95

hollandaise \$2.45

toast or bun \$2.45

daily soup \$7.95 | \$9.95

kale slaw \$5.95 | \$7.95

potato chips \$4.95

green salad \$6.45

entree salads.

kale & arugula salad

kale, arugula, apple, cranberries, celery, goat cheese, dijon vinaigrette \$17.45

cultivate greens

greens, oven dried tomatoes, cucumber, pumpkin seeds, berry vinaigrette \$14.95

add shredded chicken \$5.95

plant based.

fruit cup

fresh fruit \$8.95

smoothie bowl

coconut vanilla yogurt, fresh fruit, house made seed brittle & granola \$16.95

garden hash

roasted potatoes, tofu, peppers, onions, spinach, tomatoes, avocado & pepper coulis \$17.95

crispy tofu banh mi

pickled veg, slaw, cucumber, cilantro, tofu, sriracha, on roll with potato chips or greens \$17.45

mediterranean wrap

crispy falafel, peppers, onions, tomato, spinach, sprouts & hummus with chips or greens \$17.95

baking.

carrot cake

spiced carrot cake with cream cheese icing, studded with walnuts, pineapple & raisins \$7.45

cheesecake

creamy & smooth with new different flavours monthly \$8.45

crumble

fruit & golden oat crumble \$6.45

chocolate brownie

a fudgy & gluten free treat \$6.45

cookies

baked daily, choose from s'mores, sprinkle, peanut butter or gf ginger \$3.95

scones

baked in small batches, choose from cheese or rotating fruit flavours. Limited quantities \$5.45

all made in house

boozy drinks.

caesar 1oz | \$8.95

classic caesar with vodka

mimosa 6oz | \$8.95

bubbles with orange, cranberry or grapefruit

mimosa trio 9oz | \$15.45

3 minis; orange, cranberry & grapefruit juice

shaft 2.5oz | \$11.95

espresso, baileys, vodka & kahlua over ice

baileys 1oz | \$4.95

a great addition to coffee, latte & more

local craft beer 16oz | \$8.45

chaberton wine 8oz | \$9.95

drinks.

served hot or cold

coffee \$3.25

americano \$3.75

decaf americano \$4.45

latte / cappuccino \$4.95

cortado \$4.45

mocha \$5.95

hot chocolate \$4.45

tea latte hot \$5.45 iced \$6.45

chai, london fog, lavender london fog, blueberry fog

matcha latte hot \$5.95 iced \$6.95

loose leaf tea hot \$3.95 iced \$4.95

english breakfast, earl grey cream, blueberry, peach, lemongrass vanilla, chai, green

pop \$2.95

pepsi, diet pepsi, 7up, rootbeer, ice tea, san pellegrino

juice \$3.45

apple, orange, cranberry, pink grapefruit

oat /almond milk +\$1

flavours: vanilla, caramel, hazelnut, chocolate, white chocolate, raspberry, lavender +\$.75

plus 5% gst & 10% liquor