



We pride ourselves on being able to accommodate individual dietary needs and restrictions whenever possible. Please discuss any sensitivities or allergies with your server. Thanks!

G = Gluten Free **F** = Customer Favourite

MONDAY-FRIDAY, 9-5

SATURDAY, 10-4

75 ELGIN STREET

CAFENATURA.CA

Drinks.

Organic Hot Chocolate..... 3²⁵

Made with steamed milk 4²⁵

Milk..... 2⁵⁰

Almond, 2%, whole, or coconut

Juice 2⁵⁰

Pomegranate, Apple, Pineapple, Orange

Homemade Iced Teas 3

Ask for our weekly iced teas

Spritzers and Sodas..... 3

FAIR TRADE ORGANIC COFFEE 1⁹⁰

Sweet Justice

Smooth Blend of Peruvian & Guatemalan beans

Freakin' Good Coffee

Medium blend of Mexican, Dominican & Ethiopian beans.

St. Joe's Ethiopian Yigacheffe

Our staff favourite medium roast.

St. Joe's Guatemala Dark Roast

Café Natüra house blend.

Honduran Decaf

Locally roasted on St. Joe's Island medium blend

HERBAL & ORGANIC TEAS 1⁹⁰

Chai	Black
Chamomile	Red Raspberry
Yerba Mate	Dandelion
Licorice Root	St. Joes Island Blends
Roobios	Earl Grey
Peppermint	Kombucha Green
Ginger	Oolong
Blueberry White	Ask about our loose teas

FANCY DRINKS

Cappucino 4	Espresso 2 ³⁵
Americano 2 ³⁵	Mocha 4 ⁵⁰
London Fog 4	Maple Latte 4 ⁵⁰
Flat White 4	
Yerba Mate, Vanilla, Chai, Latte 4 ²⁵	
Add maple syrup 50¢	
Make with coconut or almond milk, add 25¢	

SMOOTHIES 5⁷⁵

Sethmeister Special – Mixed berries, Phytogreens, hemp hearts, organic flax, pineapple juice

The Laughing Banana – Strawberries, banana, hemp hearts, organic flax, pineapple juice

Boogie Berry – Mixed Berries, walnuts, organic flax, pineapple juice

Raspberry Ginger – Raspberries, organic apple juice, organic flax, fresh ginger

Mango Cashew – Mango, banana, raw cashews, pineapple juice

Blueberry Pomegranate – Blueberries, pomegranate juice, hemp hearts

Add protein powder 50¢

Strawberry Mango – Strawberries, mango, chia, hemp hearts, pineapple juice

The Tardy – Almond butter, almond milk, two bananas, organic chocolate

Peachorama – Peaches, almond milk, organic flax, maple syrup

Green Machine – Banana, spinach, avocado, maple syrup, hemp hearts, almond milk, and phytogreens.

Tumeric Smoothie – Mango, banana, almond milk, tumeric, ginger, and cinnamon

The Dan – Strawberries, pineapple, orange juice, and chia seeds.

Breakfast.

FRESH EGGS

Omelette G	9
Two eggs and three of the following: cheddar, goat or feta cheese, spinach, peppers, tomatoes, broccoli, or onions. Garlic is free. Served with toast and jam. Extra items 50¢, Extra egg \$1	
Greek Omelette	9
Feta, tomatoes, peppers, onions, olives, and garlic.	
The Robo GF	9
Two eggs scrambled with chicken, feta, peppers, spinach & broccoli, served in a wrap or with toast and jam. Add avocado \$1	
Two Eggs G	5
Scrambled, fried or poached and served with toast and jam.	
The Craig & Cheryl	5
Broken yolk egg sandwich served on rye bread with cheese and tomato.	
Tofu Scramble	9
Handful of veggies sauteed in grapeseed oil and mixed with crumbled tofu, tumeric, and a dash of cayenne. Vegan.	

WITH SYRUP

Pancakes G	12
Gluten free pancakes served with local maple syrup and, if desired, berries or banana.	
French Rye Toast	10
With local maple syrup and berries.	
Add extra syrup	1

ON THE GO

Organic Apple Mash G	5
Hot sautéed apples topped with organic yogourt and almonds.	
Hot Steel-Cut Oatmeal	4 ⁵⁰
Add apple mash and yogourt 50¢	
Bagels	2 ²⁵
Choice of cream cheese, goat cheese, almond butter or jam.	
Toast	2
Choice of butter, jam, or almond butter.	
Fruit Salad	5
Made with seasonally-available fruits.	

FOR KIDS

Egg Fingers	5
2 eggs sliced thin to be eaten with little fingers.	
Eggs In A Basket	5
Grilled Cheese	5
1 Piece of French Toast & Syrup	5

Lunch.

DAY-BY-DAY

Special of the Day

Ask your server.

Soup of the Day G5

Lunch Combos..... 12⁵⁰

Add soup or salad to your wrap or sandwich.

WRAPS

Maple Sriracha.....9

Perfect blend of sweet & spicy mixed with chicken or tofu, lettuce, tomato, and grapeseed mayo.

Robo Eggs9

Two eggs, scrambled with spinach, broccoli, peppers, chicken, and feta.

Lui Wrap10

Spicy chicken, feta, olives, lettuce, tomato, and avocado.

Rosemary Chicken or Tofu9

Heated in rosemary, garlic & sea salt and served with mayo, lettuce and tomato.

The Vegelicious9

Hummus or tzatziki, carrots, cucumbers, red onion, peppers, celery, tomato, romaine, and house salad dressing.

Mango Chicken Salad9

Grapes, mango, celery, chicken, honey and vegenaïse.

Falafel F9

A crumbled chickpea burger served with lettuce, tomato and tahini tzatziki.

Greek Chicken Wrap.....9

Served with tzatziki sauce, red onion, cucumber, black olives, tomato, and feta.

Spicy Chicken9

Sambal colek chicken sauteed in lime juice, mayo, and rolled with lettuce and tomato.

SANDWICHES

Wild Salmon8

Creamed goat cheese, romaine, green onion, celery, and sesame oil.

Chicken8

Lettuce, tomato and mayo.

SALADS

Green House G9

Romaine, mixed greens, carrots, cucumbers, celery, tomatoes and house dressing.

Mom's Quinoa G10

Quinoa, peppers, onion, carrots and cucumber, cooked in pineapple juice, and finished with house dressing.

Greek G10

Mixed greens, peppers, tomatoes, cucumber, red onion, feta & black olives.

Add chicken 12

DELUXE SALADS G12

Add the contents of any wrap or sandwich onto your choice of organic romaine or spinach.

ADD SOME EXTRAS

Avocado G 1⁵⁰

Add avocado to your special, wrap, salad or sandwich.

Cheese G 1

Add your choice of cheddar, feta or creamed goat cheese.

DESSERTS

Mary's Traditional Date Squares 2⁷⁵

Chocolate Chickpea Cookies 80¢

Gluten Free Carrot Cake 3⁵⁰

Check out the counter for an assortment of daily homemade baking.