



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 is for Gluten Free **F** is for Customer Favourite **V** is for Vegan

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 2

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 2

| | |
|-----------------|--------------------------|
| 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 ⁵⁰ | Espresso 2 ⁸⁸ |
| Americano 2 ⁸⁸ | Mocha 5 |
| London Fog 4 ⁵⁰ | Maple Latte 5 |
| Flat White 4 ⁷⁵ | Iced Coffee 2 ⁷⁵ |
| Yerba Mate, Vanilla, Chai, Latte 4 ⁷⁵ | |
| Maple or Vanilla Caramel flavour shots, add 50¢ | |
| Make with coconut or almond milk, add 75¢ | |

SMOOTHIES 5⁷⁵ - 7²⁵

Ask your server or check our smoothie menu for more details.

Breakfast.

FRESH EGGS

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|---|---------------|
| Omelette G | 10 |
| 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 | 10 |
| Feta, tomatoes, peppers, onions, olives, and garlic. | |
| The Robo Wrap / Eggs & Toast G/F | 10 |
| Two eggs scrambled with chicken, feta, peppers, spinach & broccoli, served in a wrap or with toast and jam. Add avocado \$1 | |
| Two Eggs Your Way G | 6 |
| Scrambled, fried or poached and served with toast and jam. | |
| The Craig & Cheryl G | 6 |
| Broken yolk egg sandwich served on rye bread with tomato. Add cheese \$1 | |
| Tofu Scramble | 9 |
| Handful of veggies sauteed in grapeseed oil and mixed with crumbled tofu, tumeric, and a dash of cayenne. Vegan. | |
| Add gluten free bread | 1 (per slice) |

WITH SYRUP

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|--|----|
| Gluten Free Pancakes G | 13 |
| Gluten free pancakes served with local maple syrup and, if desired, berries or banana. | |
| French Toast | 10 |
| 2 pieces, with local maple syrup and berries. | |
| Add extra syrup | 1 |

ON THE GO

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|--|---|
| Organic Apple Mash G | 7 |
| Hot sautéed apples topped with organic yogurt and almonds. | |
| Hot Steel-Cut Oatmeal | 5 |
| Add apple mash and yogurt \$2 | |

FOR KIDS

| | |
|---|---|
| Egg Fingers | 6 |
| 2 eggs sliced thin to be eaten with little fingers. | |
| 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 G6

Lunch Combos..... 13

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 mayo (or ask for vegan mayo).

Robo Eggs10

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

Rosemary Chicken or Tofu9

Heated in rosemary & garlic, 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 mayo. Ask about our vegan option with tofu.

Falafel F9

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

Greek Chicken.....9

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

Spicy Chicken.....9

Sambal Oelek chicken sauteed in lime juice, mayo, and rolled with lettuce and tomato. Add feta, avocado, and olives \$2²⁵

BBQ Turkey Wrap9

Jimbo's BBQ sauce, ground turkey, lettuce, tomato, and mayo.

ADD SOME EXTRAS

Avocado G 1⁵⁰

Roasted Red Peppers G 1

Cheese G 1

Add cheddar, feta or creamed goat cheese.

SANDWICHES

Wild Salmon9⁵⁰

Romaine, green onion, celery, and sesame oil. Add goat cheese \$1

Chicken8

Lettuce, tomato and mayo.

Add gluten free bread.....1 (per slice)

SALADS

Green House G10

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

Mom's Quinoa G 12

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

Greek G 11

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

Vegan Caesar Salad G/V 11

Romaine tossed in a garlic dijon caesar dressing, topped with nutritional yeast, lemon, and gluten-free croutons.

Honey Mustard Club Salad G 13

Fresh greens topped with tomato, onion, chicken, and bacon.

ADD TO YOUR SALAD

Chicken 2

Avocado..... 1⁵⁰

DELUXE SALADS G 13

Add the contents of any wrap or sandwich onto your choice of a large salad.

DESSERTS

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