

BE Cafe & Barkery - *a place to BE nourished*

Dine in or Take out!

Please come to the counter when ready to place your order

BOWLS

SOUP OF THE DAY

Served with crackers

12oz. - \$7.99

16oz - \$9.99

BUTTER CHICKEN

Served naan

12oz. - \$9.99

16oz - \$14.99

HIGH PROTEIN BURRITO BOWL - \$18

quinoa, black beans, roasted sweet potatoes, chopped tomatoes, bell pepper, pickled red onions, cilantro, pumpkin seeds, hemp seeds, guacamole, queso nacho dressing

IRON BOOST CAESAR BOWL - \$18

baby spinach, kale, quinoa, pickled red onions, crispy & smoky chickpeas, pumpkin seeds, sunflower seeds, hemp seeds, creamy garlic & spirulina dressing, tempeh or chicken

THAI CHICKEN SALAD BOWL - \$18

kale, red pepper, carrots, red cabbage, cilantro, lime, chopped cashews, thai almond dressing, chicken or chickpeas

ROOTED & BALANCED BOWL - \$14 - Add chicken - \$4

Baby spinach, kale, cooked quinoa, roasted beets, shredded broccoli stems, red cabbage, cauliflower crumble, walnuts, sesame seeds, sesame orange ginger dressing.

SANDWICHES

CROISSANT SANDWICHES - \$9

Blackboard features made on freshly baked croissants

HOT SANDWICH FEATURE - \$12.99

Each week we slow roast or braised something beautiful to serve on a bun or bread

ALL DAY BREAKFAST

(Available on gluten-free bread by request)

Add ons

Bacon - \$2 Guacamole - \$1 Cheese - \$1 Nacho Queso Dip - \$2

BLT WRAP - \$9.99

Crisp bacon, lettuce, tomato & mayo

EGG-SITING START - \$8.99

A breakfast wrap designed to fuel your morning.
2 eggs, bell pepper, spinach, red onion

SUNNY SAUSAGE MUFFIN - \$6.25

Sausage and fried egg on a toasted english muffin.

EGG & TOMATO SUNRISE - \$6.25

Two fried eggs with fresh, juicy tomato slices on a toasted English muffin.

KID FRIENDLY MENU

Grilled Cheese - \$9.99

Chicken & Cheese Quesadilla -
\$9.99

DESSERT & TREATS

Full display fridge with rotating
squares, cakes and cookies

House made cakes & pies

Ice cream bars and Sandwiches

BEVERAGES

DRIP COFFEE (decaf or regular)

12oz - \$3.49 16oz - \$3.69 20oz - \$3.89

CAFE LATTE - 16oz - \$5.25

LONDON FOG - 16oz - \$4.49

HOT CHOCOLATE - \$3.99 (ask us about our specialty and seasonal ones)

TEAS

12oz - \$3.49 16oz - \$3.69 20oz - \$3.89

BLACK TEAS

Orange Pekoe

Irish/English Breakfast

Black Chai

Spice Dragon Red Chai

Earl Grey

HERBAL - caffeine free

Black Cherry Berry

Pomegranate Raspberry

Cinnamon Apple Spice

Pure Camomile

Good Night Blend

Pure Peppermint

Country Peach Passion

Raspberry Zinger

Honeybush Mandarin

Raspberry Lemon

Lemon & Ginger

Summer Fruits/Hibiscus

Lemon Thriller

True Blueberry

Mint Blend

Vanilla Roobois Red Tea

Peach & Orange

Wildberry Zinger