

canines ~ coffee ~ community



dog friendly cafe and market

www.becafeandbarkery.com

SOUP OF THE DAY

Served with sourdough bread

12oz. - \$7.99

16oz - \$9.99

BUTTER CHICKEN

Served with naan or rice

12oz. - \$9.99

16oz - \$14.99

QUICHE & SOUP - \$12.95

A savoury pastry filled with a rich egg custard and fresh, seasonal ingredients.
Flavours change daily.

Gluten-free & dairy-free options available

CROISSANT SANDWICHES

made on freshly baked croissants

EGG SALAD - \$9

Housemade egg salad, celery, mayo & baby spinach

BLT - \$9

Crisp bacon, baby spinach, tomato & mayo

CAESAR SALMON - \$13

Oven baked salmon, baby spinach, tomatoes, pickled onions, house caesar dressing

CHICKEN BACON CLUB - \$13

made with real turkey, roasted and sliced with, baby spinach, sliced tomatoes, crisp bacon & mayo

GRILLED SANDWICHES**GRILLED CHEESE - \$9.99**

Made on sourdough with cheddar cheese

CHICKEN & CHEESE QUESADILLA - \$9.99

On a wheat tortilla served with guacamole

BE NOURISHED BOWLS

Made with nutrient dense ingredients to fuel your day

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 chickpea

Did you know we deliver BE Nourished bowls and ready prepared heat & eat meals?

Place orders by 5pm Thursday for Monday delivery.

DESSERT & TREATS

Full display fridge with rotating squares, cakes and cookies

Housemade 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 specials)

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

SPECIALTY DRINKS

Salted Caramel Ginger Snap Coffee \$5.49

Topped with caramel sauce

Cafe style Irish Cream Coffee \$5.49

Topped with whip cream and cinnamon (no booze)

Ferraro Rocher Coffee \$5.49

coffee, hazelnut shot, almond milk, Whip cream and chocolate shavings

Classic Hot Chocolate \$3.99

Topped with whip cream and cinnamon

Chocolate Mocha Rush \$5.49

Just the right blend of our freshly ground coffee and garnished with whip cream and cinnamon

S'mores Hot Chocolate \$5.49

A couple of shots of smores and garnished with whip cream marshmallows and chocolate sauce

Maple Matcha \$6.95

Topped with Matcha powder

BLACK TEAS

Orange Pekoe

Black Chai

Spice Dragon Red Chai

Earl Grey

Irish/English Breakfast

HERBAL - caffeine free

Black Cherry Berry

Cinnamon Apple Spice

Good Night Blend

Country Peach Passion

Honeybush Mandarin

Lemon & Ginger

Lemon Thriller

Mint Blend

Peach & Orange

Pomegranate Raspberry

Pure Camomile

Pure Peppermint

Raspberry Zinger

Raspberry Lemon

Summer Fruits/Hibiscus

True Blueberry

Vanilla Roobois Red Tea

Wildberry Zinger