

toast.y

GOURMET EATERY & CAFÉ

Coffee & Tea

Small : \$3.00

Large: \$3.50

Drip		Green Tea
Espresso	\$3.00	Earl Grey
Cappuccino	\$4.50	Yerba Mate
Latte	\$4.50	Chai
Macchiato	\$3.50	Chamomile
Americano	\$3.50	Ginger
Red Eye	\$4.00	Hibiscus
		Turmeric

Super Latte \$4.50

Ginger Matcha Green Tea
Golden Milk
Yerba Maté
Chai Tea

For The Pure Of Heart \$3.50

TOASTY Milk:
Steamed Milk and Maple Syrup

Breakfast Bowls

Just Peachy \$6.00 (GF & V)

Honey glazed peaches, organic greek yogurt, our own Toasty Granola

Good Morning Goldy \$6.00 (GF & DF)

Creamy ancient grain porridge topped with pure maple glazed berries & almonds

Bear Bowl \$7.00 (GF)

Fresh mixed berries tossed with local honey, nuts & seeds and topped with vanilla cream

Ancient Grain Bowl \$9.00 (V)

Hearty blend of ancient grains, oven roasted tomatoes, creamy pesto spinach & local eggs

Salads

WANDERER \$12.00

Massaged kale, quinoa, sunflower seeds, cucumber, & feta with house made avocado green goddess (GF + V)

SUPER CAESAR \$11.00

Romaine lettuce, kale creamy cashew caesar & hemp heart parmesan (VGN)

HEART BEETS \$10.00

Roasted beets, carrots, whipped feta, local honey & toasted pistachio (V)

GREENS & SEEDS \$9.00

Local mixed greens, roasted sunflower seeds & maple balsamic (VGN)

Do Up Your Salad

Egg \$1.00

Tuna \$3.00

Bacon \$2.00

Salmon \$4.00

Chicken \$3.00

Tofu \$1.00

Smoothies & Bowls

Sippable smoothie: \$7.00

Smoothie bowl: \$10.00

Everything Green

Smoothie base: Kale, spinach avocado & green apple
Smoothie bowl toppings: blueberries, chia, coconut, toasty granola

Berry Nice

Smoothie base: blueberry, raspberry, strawberry, & beet
Smoothie bowl toppings: raspberries, blackberries, toasty granola

Tropical Boost

Smoothie base: mango, pineapple, banana & coconut
Smoothie bowl toppings: mango, cashews, shredded coconut

Chocolate Soul Bowl

Smoothie base: banana, avocado, date syrup & raw cocoa
Smoothie bowl toppings: bananas, chocolate date syrup, cocoa nibs

Signature Toasts

The Ultimate PB&J \$8.00 (V)

Debby's Peanut Butter with Organic Blackberries, Blueberries & Peanuts on Brioche

Strawberry Fields \$9.00 (V)

Whipped Ricotta, Organic Basil Macerated Strawberries Topped with Honey & Pistachios on Sourdough

The New Yorker \$11.00 (PESC & GF)

Whipped Cream Cheese, Sliced Tomato, Cucumber, Pickled Red Onion, Micro Greens and Thinly Sliced Smoked Salmon on Rye Bread

Vegan Goddess \$8.50 (VGN & GF)

Green Goddess Tofu with Avocado, Celery, Cucumber & Sprouts on Bird Bread

Basic Not Boring \$9.00 (V)

Warm Brioche with Smashed Avocado, Cabot Cheddar and Poached Eggs

Chicken Pesto \$11.00

Herb Roasted Free Range Chicken Confit, Pistachio Pesto, Roasted Tomatoes & Mozzarella on Sourdough

Shiitake Happens \$10.00 (V)

Crispy Truffled Mushrooms & Caramelized Shallots with Garlic Whipped Ricotta on Sourdough

Monkey Toast \$8.50 (VGN)

Vegan Date Nut Bread, Sliced Banana Drizzled & Kartago Organic Date Syrup Topped with Shredded Coconut

Down Home \$9.00 (V)

Brioche Smothered in Ginger Bourbon Glazed Peaches & Topped with Organic Greek Yogurt, Pure Maple Syrup & Pecans

Build Your Own Toast

PICK YOUR TOAST \$3.00	THEN A BASE 2.00	TOP IT \$0.75	DO IT UP
multigrain pain de mie rye bird bread (GF+VGN) +\$1	avocado Debby's peanut butter ricotta cream cheese chocolate hazelnut toasted pistachio pesto	SWEET banana berries toasted nuts Kartago org. date syrup maple syrup chia cocoa nibs granola dried fruit	SAVORY cucumber mozzarella cheddar mushroom chopped herbs pickles arugula seasonal veg. sauteed spinach sprouts
			6 minute egg \$1.00 tofu \$1.00 chicken \$3.00 tuna \$3.00 bacon \$2.00 smoked salmon \$4.00