

## Coffee All drinks can be made iced!

### Essentials

	12oz	16oz	20oz
COFFEE	\$1.75	\$2.00	\$2.25
CAFE AU LAIT	\$2.00	\$2.50	\$3.00
HOT TEA	N/A	\$2.50	N/A
CHAI TEA LATTE	\$3.00	\$3.50	\$4.00
MATCHA LATTE	\$4.00	\$4.50	\$5.00

### The Classics

	12oz	16oz	20oz
ESPRESSO	\$1.50 SINGLE	\$2.00 DOUBLE	
AMERICANO	\$2.50	\$3.00	\$3.50
LATTE	\$3.50	\$4.00	\$4.50
FLAVOURED LATTE	\$4.00	\$4.50	\$5.00
CAPPUCCINO	\$3.50	\$4.00	\$4.50
MOCHA	\$4.00	\$4.50	\$5.00
DARK CHOCOLATE MOCHA	\$4.50	\$5.00	\$5.50
HOT CHOCOLATE	\$3.00	\$3.50	\$4.00

### Iced Blended

	16oz	24oz
ESPRESSO BLENDED	\$4.50	\$5.25
MOCHA BLENDED	\$4.50	\$5.25
MATCHA BLENDED	\$4.50	\$5.25

### Extras

EXTRA ESPRESSO SHOT	95¢
ADD FLAVOUR/SYRUP	50¢

WE OFFER NON-DAIRY MILK OPTIONS  
**Free of charge!**

## Smoothies \$6 16 ounces

### BLUE MONKEY

Blueberries, bananas, spirulina, vanilla soymilk

### DEEP BLUE DREAM

Blueberries, bananas, apple juice

### MONDO BERRY

Strawberries, blueberries, raspberries, apple juice

### GREEN GOODNESS

Bananas, apples, kale, ginger, lemon, apple juice

### MATCHA

Bananas, dates, matcha, vanilla soymilk

### BIG YUMMY

Bananas, dates, peanut butter, vanilla soymilk

### NUTTER

Bananas, dates, cocoa, almond butter, almond milk

### TROPICAL SUNSET

Strawberries, bananas, orange juice

### RAZZMATAZZ

Raspberries, bananas, apple juice

### EAT YOUR GREENS

Blueberries, bananas, greens plus, apple juice

### STRAWBANA HEMPSTER

Strawberries, banana, kale, hemp protein powder, hemp milk

### GOOD TO THE BONE

Strawberries, almond butter, almond milk

### CARIBBEAN DREAM

Kale, banana, pineapple, mango, coconut water

## Build Your Own

### STEP 1: PICK YOUR BASE

Vanilla soy, almond milk, coconut water, apple juice, orange juice, hemp milk

### STEP 2: PICK 3 FRUITS OR VEGGIES

Banana, blueberries, raspberries, strawberries, pineapple, mango, medjool dates, ginger, kale, Santa Cruz Organic lemon juice

### STEP 3: PICK YOUR BOOST (75¢ EXTRA)

Bee pollen, hemp protein, almond butter, peanut butter, cayenne pepper, flax oil, greens plus, spirulina, pumpkin seeds, maca powder

*Vega Protein Powder add \$3*



**SHEPPARD & YONGE**

# MENU



## Breakfast 8am—11am

2 EGGS ANY STYLE \$6

*Served with home fries, and toast.*

3 EGG OMELET \$8

Choice of mushrooms, onion, spinach, peppers, tomato, ham, mozzarella, cheddar or swiss cheese.

*Served with home fries and toast*

BREAKFAST POUTINE \$7

Hand cut French fries, gravy, white cheddar cheese curds topped with 2 fried eggs.

*With peameal bacon, hickory smoked bacon, or black forest ham add \$3*

BREAKFAST SANDWICH \$5

Fried egg and cheddar cheese on a brioche bun.

*With peameal bacon, turkey sausage patty, or black forest ham add \$3*

FRENCH TOAST \$8

Thick slices of challah dipped in egg batter. Served with warm maple syrup and whipped butter.

*Side of peameal bacon, smoked bacon or turkey sausage patty add \$3*

SIDE OF HOME FRIES \$1

## Lunch & Dinner 11:30am—9pm

POUTINE \$6

Hand cut French fries topped with gravy and white cheddar cheese curds.

POUTINE DELUXE \$8

Hand cut French fries topped with gravy and white cheddar cheese curds with your choice of smoked beef brisket or smoked pulled pork.

## Burgers \$10

Served with lettuce, tomato and a pickle spear on a brioche bun. Choice of French fries or veggie of the day.

*Pepper jack, aged cheddar, Swiss, or blue cheese add \$1*

*Upgrade side to Poutine add \$2*

### PICK YOUR PATTY

PREMIUM BUTCHER BLEND BEEF BURGER  
A blend of ground beef brisket, short ribs and beef chuck.

VEGGIE BURGER  
Red quinoa, portobello mushroom, celery root, carrot and roasted red pepper.

TURKEY BURGER  
Made In House seasoned turkey patties, a blend of white and dark meat

## Specialty Burgers \$12

*Choice of turkey, premium butcher blend beef patty or veggie burger.*

*Served with French fries or veggie of the day.*

*Upgrade to Poutine side add \$2*

BACON BURGER  
Applewood smoked bacon, BBQ sauce, onion ring and blue cheese on a pretzel bun.

CALIFORNIA  
Ripe avocado, baby arugula, sliced tomato, Sriracha mayonnaise, Alpine Swiss cheese, mushrooms, caramelized onion, and Dijon mayonnaise sauce.

CANADIAN  
Cheddar, pea meal bacon, lettuce and tomato.

## Sandwiches \$9

SMOKED BEEF BRISKET \$9  
Slow smoked beef brisket with apple fennel slaw on a pretzel bun.

PULLED BBQ PORK \$9  
Smoked pork with BBQ sauce and apple fennel slaw on a pretzel bun.

SHAVED TURKEY \$9  
Smoked turkey on a garlic butter toasted brioche bun with BBQ sauce and apple fennel slaw.

TRIPLE DECKER BBQ \$9  
Slow smoked brisket, pulled pork, shaved smoked turkey with apple fennel slaw on a pretzel bun with Carolina mustard BBQ sauce.

BEET REUBEN \$8  
Smoked sea salt roasted beets with sauerkraut, Thousand Island dressing and Swiss cheese on marble rye.

CLASSIC GRILLED CHEESE \$5  
choice of aged cheddar, provolone, or swiss  
*With tomato and bacon add \$2*  
*With Black Forest ham add \$2*  
*With sautéed mushrooms & caramelized onions add \$2*

## Sides

BASKET OF HAND CUT FRIES \$3

APPLE FENNEL SLAW \$2

VEGETABLE OF THE DAY \$3