



Breakfast Menu



BREAKFAST SPECIALS

Most items can be made vegan upon request. Tofu scramble can be substituted for eggs. Vegan Daiya can be substituted for cheese

Ye Olde Eggs Naam vo 10.0

- Two eggs any style with Naam toast
- Add Homefries & Miso Gravy + 3.5
- Add Veggie Sausage or Seven-Star + 3.5
- Sub GF Toast GF + 1.5

Scrambled Tofu v 17.0

Our own special recipe. Tofu scrambled with tomatoes, mushrooms, zucchini, red peppers, onions, tamari and spices. Served with Naam toast.

- Sub GF Toast GF + 1.5

Screamin' Greens Salad GF v 16.0

Organic greens topped with scrambled tofu, guacamole, cucumbers, miso ginger dressing & pumpkin seeds.

Breakfast Wrap vo 16.0

Scrambled eggs, veggie sausage, cheese, guacamole & greens wrapped up in a flour tortilla. Comes with salsa.

Croissant Witch vo 17.0

Open-faced organic whole wheat vegan croissant topped with cheese, scrambled eggs & veggie sausage. Served with homefries & miso gravy.

Miso Benny vo 18.0

Two poached eggs on a pita with a Seven-Star patty, topped with spinach. Miso gravy & cheese then broiled. With a side of homefries.

- Sub Tempeh for Seven-Star GF + 3.0

Veggie Hash & Eggs vo 17.0

A bed of homefries and grilled veggies, covered with cheese and two over-easy eggs.

Served with Naam toast and & misogravy.

- Sub GF Toast GF + 1.5

Loco Moco vo 17.0

Organic brown rice topped with a Seven-Star patty, caramelized onions, two over-easy eggs & green onions, smothered in miso gravy. Comes with pineapple salsa.

- Sub Tempeh for Seven-Star GF + 3.0

PANCAKES

All pancakes are served with organic maple OR blueberry syrup.

Naam Special Breakfast 18.0

Two whole wheat pancakes, two eggs any style, your choice of veggie sausages or Seven-Star strips and homefries & miso gravy.

- Sub Vegan Banana Buckwheat Pancakes GF v + 1.0

Two Cakes | One Cake

Whole Wheat Pancake 12.0 6.5

Banana Buckwheat Pancake GF v 13.0 7.0

Add-Ons

Stewed Blueberries	3.0
Extra Syrup	2.0
Whipped Cream	1.0
Ice Cream	3.0
Veggie Sausage	3.5
Seven-Star Strips	3.5

OMELETTES

All omelettes are served with Naam toast. 16.0

- Sub GF Toast GF + 1.5

Mexican

Stuffed with chili, cheddar & mozzarella. Topped with guacamole, salsa & yogurt.

Spinach & Feta

Sautéed mushrooms, onions, spinach, red pepper, cheddar, feta & mozzarella cheeses.

- Make it an Omelette Platter + 6.0

(Homefries & Miso Gravy + Seven-Star Strips OR Veggie Sausages)

SIDES & EXTRAS

	Small	Large
Homefries	3.5	4.5
Miso Gravy	2.5	4.5
Guacamole	3.0	5.0
House Yogurt	2.5	3.5
Salsa	2.5	4.5
Sautéed Tofu	5.0	Veggie Sausage 4.5
Extra Egg	3.5	Seven-Star Strips 4.5
Stewed Blueberries	3.0	Vegan Croissant 4.0
Gluten-Free Toast	4.0	Naam Toast 3.5

Please Note:

Unlisted modifications may result in an additional charge and extra prep time. These may be politely declined during peak times. Please ask your server for complete ingredients as they are not all listed here.

Parties of 6 or more will be charged an automatic gratuity of 18%

GF Gluten-Free

v Vegan

vo Can Be Made Vegan

COFFEE & HOT DRINKS

Coffee	3.5	Espresso	2.75
Espresso	2.75	Mocha Latte	6
Americano	4	Cappuccino	4.5
Café Latte	5.5	Hot Chocolate	5.5
Chai Latte	5.75	London Fog	5.75

Sub Oat, Soy or Almond milk for **50 cents** v

All our coffee is certified organic & fair trade. All espresso drinks are available in water decaf.

TEAS

Naam Special House Blends Cup 3.95 | Pot 5.95

Our unique recipes for over 40 years

- Rainbow - Comfrey, juniper berries, clover, rosebuds
- Jamaican Spice - Hibiscus, cinnamon bark, rosehip, cloves, orange
- Catnap - Peppermint, chamomile, rosehip, clove, sage, catnip
- High C - Nettle, lemon balm, rosehip, cinnamon, orange
- Sweet + Sour - Lemon balm, hibiscus, star anise, orange
- Mama Naam - Strawberry+raspberry leaf, nettle, licorice, rose petal
- Easy Riser - Earl Grey black tea, alfalfa, mint, anise

Black Teas Cup 3.50 | Pot 5.50

- Earl Grey, English Breakfast, Orange Pekoe,
- Jasmine, Sencha Green Tea

Herbal Teas Cup 3.50 | Pot 5.50

- Alfalfa Mint, Peppermint, Chamomile, Rooibos, Ginseng,
- Sleepy Time, Lemon Zinger, Mandarin Orange Spice.

JUICES & COLD DRINKS

v Philips Intergalactic Root Beer	}	4
Not too Sweet Cola		
Good Drink Mango Iced Tea		
33 Acres Sparkling water (rosehip & hibiscus)		
Bruce Cost Ginger Ale		5
Pure+ Kombucha		7
Blackberry Charcoal or Detox (Lemon, ginger, turmeric)		
TJ's Organic Apple Cider		4.5

Fresh Juices

Carrot, Orange, Apple & Raspberry, Orange & Strawberry 6

SHAKES

Blueberry Shake	8
Made with organic blueberries, milk & ice cream	
Blueberry Soy Shake v	8.5
Organic blueberries, soy milk & vegan ice cream	
Fruit Smoothie v	7.5
With strawberries, raspberries, organic blueberries & apple juice.	
Strawberry Lassi	7.5
Yogurt and strawberries, sweetened with honey.	

DESSERTS

Raspberry Chocolate Cake v	8
A raspberry-filled, chocolate cashew delight.	
Carrot Cake	8
Filled with nuts and raisins, topped with a cream cheese icing.	
Noh Pie v GF	7.5
Dreamy vegan banana cream pie with dates and nuts.	
Blueberry Pie v	7.5
Made with locally grown organic blueberries.	
Dutch Apple Cranberry Pie v	7.5
Tart & sweet with a crumble topping.	
Apple Crisp v	7
A hot dish of apple crisp with oats, nuts & raisins	
Brownie Supreme VO	7.5
A warm vegan chocolate brownie topped with a scoop of Mario's ice cream and blueberry sauce	
Root Beer Float VO	8
With vanilla ice cream.	
Mario's Ice Cream VO	4.5
A cup of regular or vegan vanilla ice cream (2 scoops)	

DRAFT BEER

10 oz | 18 oz | 56 oz
6 8 21

A rotating selection of local ales. Ask your server!

BOTTLED BEER ETC.

355 mL		7	473 mL	8
Farmer's Tap Lager	(4.7%)	Dawn Pilsner	(4.9%)	
Golden Goddess Ale	(5.0%)	Kiwami Plum Ale Sour	(6.3%)	
Featherweight IPA	(4.5%)	A+ Cider	(6.4%)	
33 Acres of Nirvana IPA	(7.0%)	Peach Elderflower	(5.0%)	
Forager Gluten-Free Lager	(5.0%)	Gin Cocktail		
Apple Cider	(7.0%)	Sober Carpenter	5.5	
		(non-alcoholic)		

WINE

RED		6oz	17oz	56oz
House Red	(14.0%)	7	15	20
Organic Tempranillo	(13.0%)	8	18	27
Organic Pinot Noir	(12.5%)	-	-	44
WHITE				
House White	(12.9%)	7	15	20
Sauvignon Blanc	(13.5%)	8	17	27
Narrative Rose	(12.5%)	8	19	30
Organic Pinot Gris	(13.0%)	-	-	36