



TAKE OUT MENU

BEVERAGES



THRIVE DRIP 12oz	3
ESPRESSO 2oz	2.50
AMERICANO 12oz	3.50
CAPPUCCINO 12oz	4
LATTE 12oz	4.50
CHAI LATTE 12oz	4.50
LONDON FOG 12oz	4.50
TEA 12oz	3
HOT CHOCOLATE 12oz	3
ICED COFFEE 16oz	4
ICED LATTE 12oz	4.50
ICED CHAI LATTE 16oz	4.75
NON-ALCOHOLIC BEER	2.99



ADD A FLAVOUR SHOT OR MILK SUBSTITUTION FOR \$0.50

SMOOTHIES

ALL NATURAL & VEGAN - 12OZ

LOVE | \$6.50

SPINACH, KALE, PINEAPPLE, FENNEL & TARRAGON

CLARITY | \$6.50

WILD BLUEBERRY, SPINACH, RHUBARB & SPEARMINT

ALIVE | \$6.50

STRAWBERRY, RHUBARB, BEETS & BASIL

POWER | \$6.50

PINEAPPLE, COCONUT CREAM, PEAR JUICE, FENNEL, GINGER, TURMERIC

thrive salad bowl

Baby spinach with chickpeas, roasted red pepper, carrot, tomato, sunflower seeds & balsamic vinaigrette. \$12

Add roast chicken \$3

SANDWICHES

CHICKEN BACON CLUB \$10

Roast chicken, bacon, & provolone cheese with garlic aioli on marble rye or whole wheat panini

HAM, APPLE, BRIE \$10

Smoked ham, apple & brie with grainy dijon on marble rye or whole wheat panini bread

FRESH VEGETABLE \$9

Fresh shredded carrot, roasted red peppers, tomato, lettuce & nut free basil pesto on whole wheat or marble rye

PULLED PORK \$10

Tender pulled pork dressed in our famous Louisiana BBQ sauce on a toasted brioche bun

GRILLED CHEESE & TOMATO \$8

Provolone & cheddar cheese with tomato & garlic aioli on marble rye or whole wheat.

ADD BACON \$1.50

BAGELS

CHOICE OF EVERYTHING OR PLAIN

EGG OMELET, CHEESE, TOMATO&LETTUCE 9

ADD BACON 1.50

CHEDDAR CHEESE & TOMATO 5

CREAM CHEESE & TOMATO 4.50

CREAM CHEESE & JAM 4.50

BURRITOS

TURKEY, EGG, & CHEESE \$9

CURRIED CHICKEN, APPLE, RICE \$9

BLACK BEAN, CORN & CHEESE \$9

SAVOURY PIES & SAUSAGE ROLLS

CLASSIC BEEF SAUSAGE ROLL 3.99

CHICKEN & LEEK PIE (4") 6.99

BEEF & GUINNESS PIE (4") 6.99

PULLED PORK PIE (4") 6.99