

SIMPLY PUT

KITCHEN ♦ COFFEE ♦ BAKERY

All-Day Breakfast

- Simply a Bagel** \$5
Sesame Seed bagel with your choice of cream cheese or butter
- Bagel Sandwich** \$10
Egg, double smoked bacon, lettuce, sliced tomato, & Swiss cheese on a sesame seed bagel.
Add Home fries \$2.50
- Avocado Toast** \$12
our thick sliced sourdough, smashed avocado, tomato, and lime & tahini dressing
Add boiled egg \$3.00
- Ricotta Toast** \$12
Light whipped Ricotta piped onto our fresh homemade sourdough, topped with honey, lime zest and chillie flakes
- Waffle & Berries** \$12
buttermilk waffle, fresh berries, crème fraiche
- Waffle Sandwich** \$15
Buttermilk waffle, egg, bacon and gruyere cheese
- Egg & Prosciutto** \$17
Scrambled eggs, prosciutto, shaved parmesan with sourdough bread and home fries
- Egg & Salmon** \$17
Scrambled eggs, smoked salmon, chives crème fraiche on Jane's tea biscuit served with home fries
- Western Omelet** \$17
2 egg omelet filled with black forest ham, onion, and peppers, served with home fries
- Cheese Omelet** \$17
2 Egg omelet filled with cheddar and mozzarella cheese, served with home fries
- Two Farm Fresh Eggs** \$17
sunny side, bacon, sliced sourdough bread served with home fries



Gluten-Free



Vegan

Sandwiches

Add Kettle Chips \$3

- Turkey Club** \$9.50
Our house made focaccia, sliced tender turkey, double smoked bacon, tomato, lettuce, Swiss cheese and cranberry relish spread.
- Chicken Tandoori** \$9.50
tender tandoori spiced marinated chicken, sliced tomato, pickled onion, goat cheese crumbled and mint, coriander spread.
- Vegan Chorizo** \$9.50 
Sliced Vegan chorizo, grilled vegetables, pickled daikon and roasted red pepper hummus.
- Reuben** \$12
Traditionally prepared homemade corned beef, with Swiss cheese, sauerkraut, and thousand Island dressing on Rye bread
- Lobster Roll** \$19
Maritime favorite Atlantic Lobster meat, celery, mayonnaise Simply Put in toasted hot dog bun.

Bowls

- Soba Noodle** \$16 
ginger tamari glazed Acadiana tofu, napa cabbage, edamame, toasted peanuts, mixed fresh & pickled vegetables, cilantro, and sesame seeds served with spicy ginger vinaigrette.
- Cobb Salad** \$17 
Cajun spiced diced chicken breast, aged cheddar, hardboiled egg, bacon bits, cherry tomato, and radish on a bed of romaine heart, with White Balsamic vinaigrette.
- Harvest Salad** \$16 
maple flavored butternut squash, beetroot, crunchy beans, pumpkin seeds, truffle goat cheese, and maple, apple cider vinaigrette.
- Tuna Poke** \$17 
sesame ginger marinated ahi tuna, avocado, cucumber, edamame, pickled ginger on steamed rice
- Tandoori** \$17 
Oven roasted tandoori spiced marinated chicken, with cashew cream sauce, peas pulao, diced tomatoes and crispy onion.
- Tortellini Pasta Salad** \$16
tomatoes , red onion , cheese tortellini tosed in a pesto vinegarettte

Salads

- Greek Pasta Salad** \$9
Romaine hearts, penne pasta, red pepper, red onion, olives feta, tossed in a red wine oregano vinaigrette
- Tossed Salad** \$8 
tender mesclun greens, shredded carrots, cucumber, cherry tomato with maple and apple cider vinaigrette
- Caesar salad** \$9
Crisp Hearts of Romaine Tossed in house Caesar Dressing. with double smoked bacon, Herbed Croutons & Parmesan Cheese.
Add Chicken \$5

A la Carte

- Simply a Burger** \$13
Canadian beef patty with gochujang mayo spread, topped with lettuce, tomato, onion, and dill pickle
Add Cheese \$2
Add Bacon \$3
Add Kettle Chips \$3
- Simply a Vegan Burger** \$12 
House Made Vegan patty with Vegan mayo spread, topped with lettuce, tomato, onion, and dill pickle
Add Kettle Chips \$3
- Margherita Pizza** \$13
sourdough thin crust pizza with San Marzano tomato, Fresh local mozzarella, fresh torn basil leaves and EVO
- Maritime Seafood Chowder** \$16
Our Seafood chowder is a complete meal on its own loaded with shrimp, scallops and fish, served with tea biscuit.
- Pasta Primavera** \$17
Penne pasta served with delicious sauteed Vegetables, garlic, onion, zucchini, squash, asparagus, peas and cherry tomatoes. Seasoned with fresh basil, lemon, tarragon and topped with fresh Parmigiano.
- BBQ pulled pork Burrito** \$14
Sweet and savory pork carnitas, seasoned rice, black beans, cheddar cheese and sour cream rolled in a soft flour tortilla.
- Savory Chicken Crepes** \$17
Sliced seasoned chicken breast sautéed with sweet peppers and onions delicately wrapped in crepes and topped with a parmesan garlic cream sauce .served with a fresh tossed salad



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Alcoholic Beverages



Tidal Bay (250ML 11%)	\$10
Luvo Red (250ML 12%)	\$10
Luvo Pinot (250ML 12%)	\$10
Corona (355ML 4.6%)	\$6
Nine Locks Blonde (355ML 5%)	\$6
Nine Locks IPA (355ML 5%)	\$6
Blue Lobster Lemon (355ML 6%)	\$6


Smoothies


Green Goddess \$8  
Vegan and delicious with apple, kale, banana, peanut butter, almond milk, flax seeds, and maple syrup.

Mango Tango \$8 
aromatic sweet mango, pineapple, orange juice, and Greek yogurt

Banana Bliss \$8 
Packed with nutritious-Banana, chocolate whey protein, cacao powder, milk and almond butter, dusted with cinnamon powder.

Blueberry Breeze \$8  
Our Simply Put Vegan smoothie with, blueberries, banana, orange, almond milk and maple syrup.

Strawberry Kiss \$8 
Loads of strawberries, yogurt and almond milk

Passion Paradise \$8 
Take your taste buds on vacation with this exotic mix of passion fruit, banana, yogurt, and coconut milk. Creamy, dreamy, and full of tropical vibes.

Non Dairy Milk \$0.30 **Flavour Shots** \$0.30
Almond or Oat

+ Espresso Shot \$1.75

Coffee & Tea

Drip Coffee	12oz/16oz	\$2 / 2.5
Tea	12oz/16oz	\$2 / 2.5
Espresso		\$3.5
Macchiato		\$4.5
Cappuccino		\$4.5
Americano	12oz/16oz	\$3.5 / 4
Latte		\$4.5
Mocha		\$5
Hot Chocolate	12oz/16oz	\$4 / 4.5
Flat white		\$4.5
Chai Latte	12oz/16oz	\$5 / 5.5
Cortado		\$4.5
Matcha Latte	12oz/16oz	\$5 / 5.5
London Fog	12oz/16oz	\$4.5 / 5
Dirty Chai		\$4.5
Chocolate Mocha Frappe		\$4.5
French Vanilla Frappe		\$4.5

Beverages

Pepsi	\$2.25
Diet Pepsi	\$2.25
7UP	\$2.25
Diet 7UP	\$2.25
Ginger Ale	\$2.25
San Pellegrino	
Bubly	\$2.25
Cherry, Lime, Pineapple	
Juice	\$3
Apple, Orange, Cranberry	
Fever Tree	\$3
Ginger Beer	\$3
Lemonade	\$3.5
Iced Tea	\$3.5
Fruit Punch Refresher	\$4
Mango Refresher	\$4

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