All-Day Breakfast

Avocado Toast

\$12

our thick sliced sour dough, smashed avocado, tomato, and lime & tahini dressing Add boiled egg \$3.00

French Toast

\$10

sourdough bread slice, egg custard, berries and crème anglaise

Waffle & Berries \$12

buttermilk waffle, fresh berries, crème fraiche

Waffle Sandwich

\$15

Buttermilk waffle, egg, bacon and gruyere cheese

\$17 Egg & Prosciutto

Scrambled eggs, prosciutto. shaved parmesan with sourdough bread and home fries

Egg & Salmon

Scrambled eggs, smoked salmon, chives crème fraiche on Jane's tea biscuit served with home fries

Two Farm Fresh Eggs \$17

sunny side, bacon, sliced sourdough bread served with home fries

Ouiche Florentine \$17

house made crust, baby spinach, egg custard, and gruyere cheese served with a side salad

Sandwiches

Add Kettle Chips \$3

Turkey Club

\$15

Our house made focaccia, sliced tender turkey. double smoked bacon, tomato, lettuce, Swiss cheese and cranberry relish spread.

Chicken Tandoori

tender tandoori spiced marinated chicken sliced tomato, pickled onion, goat cheese crumbled and mint, coriander spread.

Roast Beef

\$15

\$15

Artisan bread, shaved roast beef, on a bed of romaine, old sliced cheddar, balsamic caramelized onion, dill pickle and horse radish mayonnaise.

Vegan Chorizo



Sliced Vegan chorizo, grilled vegetables, pickled daikon and roasted red pepper hummus.

Reuben

\$15

Traditionally prepared homemade corned beef, with Swiss cheese, sauerkraut, and thousand Island dressing on Rye bread

Lobster Roll

\$17

\$15

\$16

Maritime favorite Atlantic Lobster meat, celery, mayonnaise Simply Put in toasted hot dog bun.

Croque Monsieur

French classic ham & cheese sandwich, grilled to perfection in our 500 degree oven

Croque Madame

add a fried egg on top of croque Monsieur.

Salads

Salad Caprice

with fresh local artisan mozzarella, sliced tomatoes, fresh basil leaves, EVO and balsamic vinegar

Tossed Salad

tender mesclun greens, shredded carrots, cucumber, cherry tomato with maple and apple cider vinaigrette

Chickpea & Orzo

Mediterranean flavor include sun dried tomato, red onion, olives, red pepper. mixed with garlic red wine vinaigrette.

Bowls

Soba Noodle

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



Caiun 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



maple flavored butternut squash, beetroot, dried apricot, pumpkin seeds, truffle goat cheese, and maple, apple cider vinaigrette.

Tuna Poke

\$18



sesame ginger marinated ahi tuna, avocado, cucumber, edamame, pickled ginger on steamed rice

Tandoori

\$19



Oven roasted tandoori spiced marinated chicken, with cashew cream sauce, peas pulao, diced tomatoes and crispy onion.

Chana Chaat



a delicious full meal of Chickpeas, turmeric. potatoes, cucumber, tomato, red onion. scallion and cilantro, tossed with tamarind chutney.

A la Carte

Add Kettle Chips \$3

Simply a Burger

Canadian beef patty with gochujang mayo spread, topped with lettuce, tomato, onion. and dill pickle

Add Cheese \$2 Add Bacon \$3

House Made Vegan patty with Vegan mayo spread, topped with lettuce, tomato, onion, and dill pickle

Pulled BBQ Chicken

Slow roasted chicken, shredded and tossed in our in-house made BBO sauce served on a

Margherita Pizza

sourdough thin crust pizza with San Marzano tomato. Fresh local mozzarella, fresh torn basil leaves and EVO

Blackened Haddock \$18

\$12

\$13

A haddock fillet coated in our house made spice blend, pan-seared and served with green beans

Spaghetti Bolognese \$18

Spaghetti and our Classic beef Bolognese sauce

Fish Cake

\$14

Tender flakes of Atlantic Haddock with potatoes, scallions, parsley, and lemon zest. Served with tomato

Indian Thali Combo \$19

Includes: Butter Chicken Chanaa Masala. Boondi Raita. Naan. rice.

Vegetarian option: Replaces butter chicken with Daal Makhani

Alcoholic Beverages

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

Smoothies

Green Goddess

\$9.95(\(\frac{1}{2}\))

Vegan and delicious with apple, kale, banana, peanut butter, almond milk, flax seeds, and maple syrup.

\$9.95 Mango Tango

aromatic sweet mango, pineapple, orange iuice, and Greek vogurt

Banana Bliss

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

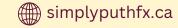
Blueberry Breeze

Our Simply Put Vegan smoothie with, blueberries, banana, orange, almond milk and maple syrup.

Strawberry Kiss

Loads of strawberries, yogurt and almond















SIMPLY PUT

KITCHEN * COFFEE * BAKERY



