

All-Day Breakfast

Avocado Toast \$12

our thick sliced sour dough, smashed avocado, tomato, and lime & tahini dressing

Add boiled egg \$3.00

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

Huevos Divorciados \$18

Two sunny side fried eggs, one with green sauce, one with red sauce, refried beans, tortilla chips, and queso fresco

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.

Salads

Broccoli Salad \$9

Steamed broccoli, sliced almonds, carrot, sundried cranberries, tossed in a apple cider 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

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.

Chickpea & Orzo \$16

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

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.

Chicken Alfredo \$17

Tender grilled chicken breast tossed in our house made alfredo sauce served on fettuccini pasta & shredded parmesan.

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.

Indian Thali Combo \$17

Includes:

Butter Chicken,
Chanaa Masala,
Kachumber salad,
Naan,
rice.

Vegetarian option: Replaces butter chicken with Daal Makhani

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 

Lloads of strawberries, yogurt and almond milk



SIMPLY PUT

KITCHEN ♦ COFFEE ♦ BAKERY



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