

TRACEY'S

• BAKERY & CAFÉ •

MENU



BREAKFAST

HEART HEALTHY

40

Yogurt, Granola & Fruits.

OATS

20

*Apple Cinnamon, Banana Almond, or Dried Fruits Nuts.
(Substitute with Almond Milk for \$10 extra)*

HAM & HOPS

20

*Served either regular or panini-style.
(Add Cheese for \$5 extra)*

TWO EGGS (any style)

35

*Served with your choice of sliced bread, bun or croissant,
and either bacon, ham, chicken sausage or roasted veggies.*

OMELETTES

Served with your choice of sliced bread, bun or croissant.

THREE CHEESE OMELETTE

40

Swiss, Mozzarella, and Cheddar.

SPINACH MUSHROOM

45

Spinach, Mushroom and Feta.

VEGGIE

45

*Tomatoes, Onions, Sweet Peppers,
Mushrooms, and Cheddar.*

CAJUN SHRIMP

60

*Tomatoes, Onions, Sweet Peppers,
Mushrooms, and Cheddar.*

CLASSIC

45

*Cheddar, and your choice of either
Bacon, or Ham.*

SUPREME

55

*Tomatoes, Onions, Sweet Peppers,
Ham, Bacon, Mushrooms, and Cheddar.*

CARNIVORE

60

*Minced Beef, Ham, Bacon, Sweet Peppers,
and Cheddar.*

FEATHER & FIN 120
*Blackened Salmon, served with scrambled eggs,
and a small salad*

FRENCH TOAST 50
Classic French Toast topped with fruit and icing sugar.

PANCAKES & WAFFLES

BUTTERMILK 45
*Classic Buttermilk Pancakes topped with Butter,
and Golden Syrup.*

CHOCOLATE CHIP 50
*Chocolate Chip Pancakes topped with Chocolate Syrup,
and Whipped Cream.*

BANANA 60
*Classic Buttermilk Pancakes topped with Fresh Bananas,
Toasted Walnuts, and Caramel Sauce.*

RED VELVET 50
*Served with cream cheese icing, and topped with fruit
and icing sugar.*

WAFFLE SANDWICH 50
Lettuce, Eggs, and Bacon encased in Buttermilk Waffles

**MAKE IT A
BREAKFAST
BURRITO!**



*All our omelettes are available as breakfast burritos with
your choice of White, Whole Wheat or Multigrain.*

CROISSANTS

SPINACH & FETA	20
TUNA SALAD	20
<i>Tuna Salad, with Lettuce, Tomatoes, and Aioli.</i>	
CHICKEN SALAD	25
<i>Minced Chicken Salad, with Lettuce, Tomatoes and Aioli.</i>	
HAM & CHEESE	25
<i>Ham, Swiss, Lettuce, and Tomatoes.</i>	

SALADS

GARDEN SALAD	45
<i>Greens, Purple Cabbage, Tomatoes, Cucumbers, Carrots, Onion, Sweet Peppers, Chick Peas, and Sweet Relish.</i>	
GREEK SALAD	50
<i>Cucumbers, Tomatoes, Sweet Peppers, Onions, Olives, and Feta.</i>	
TUNA SALAD	50
<i>Tuna Salad with Greens, Tomatoes, Cucumbers, Carrots, Onions, Sweet Peppers, Chick Peas, and Sweet Relish</i>	
SALMON SALAD	55
<i>Salmon atop Greens, Tomatoes, Cucumbers, Carrots, Onions, Sweet Peppers, Chick Peas, and Sweet Relish.</i>	
CHICKEN SALAD	55
<i>Roasted Chicken, Greens, Tomatoes, Cucumbers, Carrots, Onions, Peppers, Corn, and Pineapples.</i>	



GRILLED PANINIS SANDWICHES OR WRAPS

Wraps are your choice of plain, whole wheat or multigrain.

THREE CHEESE	40
<i>Swiss, Mozzarella, and Cheddar, with Lettuce and Tomatoes.</i>	
ROASTED VEGGIES	40
<i>Spinach, Eggplant, Mushrooms, Sweet Peppers, and Onions.</i>	
TUNA SALAD	40
<i>Tuna Salad, with Lettuce, Tomatoes, and Aioli.</i>	
BLACKENED SALMON	60
<i>Blackened Salmon, with Lettuce, Tomatoes, and Aioli.</i>	
CAJUN SHRIMP	60
<i>Cajun Shrimp, with Lettuce, Onions, Sweet Peppers, and Tomatoes.</i>	
ROASTED CHICKEN BREAST	45
<i>Roasted Chicken Breast with Lettuce, Tomatoes, Provolone, topped with Aioli or BBQ.</i>	
JERK CHICKEN	45
<i>Jerk Chicken with Lettuce, Onions, Sweet Peppers, and Fried Plantain.</i>	
TURKEY BLT	50
<i>Turkey, Bacon, Lettuce, Tomatoes, and Cranberry Sauce.</i>	
ROAST BEEF	50
<i>Lettuce, Onions, Mushrooms, Provolone, topped with Horseradish or Aioli.</i>	
HAM & CHEESE	45
<i>Lettuce, Tomatoes, Swiss, and Chow-Chow.</i>	
PULLED PORK	50
<i>BBQ Pulled Pork with Lettuce, Onions, and Sweet Peppers.</i>	

A LA CARTE

Want something on the side, or by itself? Here's our a la carte options.

Sliced Bread/Bun/Croissant	5
Two Eggs (any style)	15
Ham	12
Bacon	12
Chicken Sausage	12
Roasted Veggies	20
Sautéed Spinach & Mushrooms	15
Side of Fruit	20
Side of Salad	20

Some of our products may contain allergens (including dairy, eggs, soy, tree nuts, wheat, and others), and we use shared equipment to store, prepare, and serve them.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



BEVERAGES

LOCAL JUICES	10-12
BOTTLED WATER	5
COCONUT WATER	15
TEAS	10
HOT CHOCOLATE	
HOUSE HOT CHOCOLATE	15
TOBAGO HOT CHOCOLATE	20

*Made with Tobago Cocoa, Assorted Spices,
as well as Condensed and Evaporated Milk.*

COFFEE

Served hot or iced.

	Sm (8oz)	Lg (16oz)
HOUSE BREWED COFFEE	15	25
ESPRESSO	15	-
DOPPIO	25	-
AMERICANO	20	25
CAPPUCCINO	22	30
CAFE LATTE	22	30
CAFE MOCHA	25	40
SPECIALTY LATTE	25	40

*Specialty Flavours: Caramel, Chai, French Vanilla,
Hazelnut, White Chocolate*

WE PROUDLY SERVE

LAVAZZA

TORINO, ITALIA. 1895



STAY IN TOUCH WITH US



TRACEY'S: BAKERY & CAFÉ



@TRACEYSCAFE



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