

# EM TO GO

## BREAKFAST



DAILY SELECTION OF WHOLE FRUIT A Daily Selection of Seasonal Whole, Fresh Fruit	2.00
BREAKFAST PARFAIT Coconut Chia Seed Pudding, Greek Yogurt, Fresh Berries & Dried Cranberry Granola with a Honey Drizzle	7.50
BREAKFAST SANDWICH Poached Egg, Canadian Back Bacon, Cheddar, English Muffin	7.50
TURKEY SAUSAGE BREAKFAST SANDWICH Poached Egg Whites, Havarti Cheese, English Muffin	9.00
SMOKED SALMON BAGEL Cucumber, Dill Cream Cheese, Smoked Salmon, Pickled Onions	11.00
VEGAN CARROT GRAVLAX Pickled Onion, Cashew Cream Cheese, Capers, Butterleaf Lettuce	8.00

## EGG BITES

BACON, APPLEWOOD SMOKED CHEDDAR & GREEN ONION	3.00
SPINACH, ROASTED RED PEPPER & GOAT CHEESE	3.00

## BAKERY ITEMS



BANANA BREAD	4.25
HIKER'S OATMEAL COOKIE	4.25
CHOCOLATE CHIP COOKIE	4.25
GLUTEN FREE PEANUT BUTTER CHOCOLATE CHIP COOKIE	4.50
DANISH, CROISSANTS & MUFFINS	4.75
SPECIALTY CROISSANTS Almond • Chocolate Hazelnut	4.75
BAGELS Plain • Whole Wheat • Everything Bagel Cinnamon Raisin	4.75
TOAST Plain • Whole Wheat • Gluten Free Cinnamon Raisin	4.00

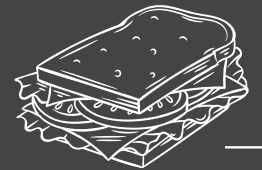
## PASTRY ITEMS

BEARTRACKS BROOKIE	5.25
CINNAMON BUN	4.25
BANANA BREAD	4.50
JPL DONUT	4.50
JPL ENERGY BITES	4.50

## SALADS

THE JPL CAESAR Crisp Romaine, Shaved Parmesan, Focaccia Croutons, Lemon Wedge, Classic Caesar Dressing	12.00
GREEN SALAD Heirloom Grape Tomatoes, Radish, Cucumber, Red Onion, Carrots, Maple Balsamic Dressing	11.00
SEASONAL FRUIT SALAD Diced Cantaloupe, Honeydew, Watermelon, Pineapple, Seasonal Berries, Honey-Yogurt	9.00

## SANDWICHES



SMOKEHOUSE TURKEY Roasted Turkey Breast, Crispy Bacon, Applewood Cheddar, Chipotle Mayo, Lettuce, Tomato, Red Onion. Served on a Brioche Bun	13.00
MUFFULETTA Salami, Mortadella, Olives, Sundried Tomato, Provolone. Served on Focaccia	14.00
SLOW ROASTED BEEF Chimichurri Marinated, Caramelized Peppers & Onions, Sharp Cheddar. Served on a Ciabatta Bun	13.00
VEGAN Tofu, Spinach, Tomato, Green Onion, Lettuce. Served on Sourdough Bread	11.00
CHICKEN WALDORF Walnuts, Grapes, Apple, Celery. Served on a Whole Wheat Croissant	13.00
OCEANWISE TUNA & AVOCADO WRAP Lime, Cilantro, Red Onion, Lettuce. Served on a Whole Wheat Wrap	11.00

## HOT BEVERAGES

	12 oz	16 oz
COFFEE	3.50	5.00
AMERICANO	4.25	5.50
LATTE	4.50	6.00
CAPPUCCINO	4.50	6.00
FLAT WHITE	4.50	6.00
CAFÉ MOCHA	5.00	6.50
CHAI LATTE	5.00	6.50
HOT CHOCOLATE	4.25	5.50
LOT 35 TEA	3.75	3.75

## FRESH PRESSED JUICES



	12 oz
ORANGE JUICE	9.00
GRAPEFRUIT JUICE	7.00
LEMONADE	6.00
CARROT, ORANGE, LEMON, TURMERIC	8.00
APPLE, SPINACH, KALE, CELERY, LEMON, GINGER	8.00
CARROT, APPLE, BEET, LEMON, GINGER	8.00

## SMOOTHIES

	16 oz
GREEN MANGO SHAKE Soy milk, Spinach, Oats, Mango, Pumpkin Seed, Birch Syrup	9.00
ANTIOXIDANT Blueberry, Vanilla, Flax Seed, Banana	9.00
SUNSHINE Carrot, Banana, Orange, Pineapple	9.00
BANANA CREAM PIE Oat Milk, Sunflower Seed, Dates, Lime, Vanilla Bean	9.00
SWEET LEMON TURMERIC Banana, Almond Milk, Dates, Flax, Cinnamon	9.00
NORTHERN BERRY Saskatoon Berry, Haskap Berry, Raspberry, Sour Cherry, Oat Milk, Banana, Orange	9.00