HOURS

Mon - Sat | 8am - 7pm Sunday | 8am - 5pm

BREAKFAST

Yogurt Berry Parfait

side of honey drizzle

vanilla yogurt topped with fresh berries and

crunchy granola with almonds. Served with a

served on crispy light rye with yellow mustard

Double Cheese Grilled Cheese + Bacon

and shaved montreal smoked meat

and crisp bacon

choice of one side included with all sandwiches + wraps

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The Breakfast Sandwich	11	Belgian Waffle Board	14 ⁵⁰
served on a croissant bun. Topped with bacon or sausage, egg, and cheddar cheese		three belgian waffles, served with fresh fruit, whipped cream and maple syrup	
Ham + Cheese Breakfast Croissant	11	French Toast Board	14 ⁵⁰
served on a croissant bun. Topped with fried ham, melted swiss cheese, and honey mustard		six pieces of soft french toast, topped with berries. Served with whipped cream and maple syrup	
Peameal Bacon Sandwich served on a fresh brioche bun. Topped with fried peameal, lettuce, tomato, mayo, and honey mustard	13 ⁵⁰	Spinach + Egg White Wrap white tortilla filled with egg whites, feta, spinach, garlic sundried tomato, and housemade sriracha mayo	
Fresh Fruit Bowl	7		
fresh assorted fruit + berries. Served with a side of honey drizzle		Goldies Breakfast Board (Friday - Sunday + Holidays Only)	23

SANDWICHES

8

Applewood Smoked Ham + Swiss	14	B.L.T.	14
served on a ciabatta bun with with sliced ham, fresh tomato, lettuce, swiss cheese + honey mustard		served on crispy light rye topped with three slices of bacon, mayo, lettuce + tomato	
Chicken Pesto + Baked Brie	16	Grilled Mediterranean Sandwich	13 ⁵⁰
served on a ciabatta bun topped with grilled chicken, roasted red pepper, baked brie, and housemade pesto mayo		served on a ciabatta bun, baked with pesto, roasted red pepper, spinach and mozzarella cheese	
Turkey Bacon Club	15	Roast Chicken + Caramelized Onion	16
served on a ciabatta bun topped with shaved turkey, bacon, lettuce, tomato, provolone + honey mustard		ciabatta bun topped with grilled chicken, baked with swiss cheese, caramelized onion, roasted red peppers, mayo + arugula	
Montreal Smoked Meat	15		



Fresh Fruit Bowl

Bacon Slices (3)

Sausage Links (3)

Add-Ons + Extras

+ 5

+ 3

+ 3

scrambled eggs, bacon (3), sausage (3),

fresh fruit cup

waffle + french toast sticks, hashbrowns + a

14

SIDES

choice of one side included with all sandwiches + wraps

Tuscan Herb Potato Wedges

Crispy Hashbrowns

Seven Grain Salad

upgrade your choice of side

Cup of Soup or Mac + Cheese	+ 2
Bowl of Soup or Mac + Cheese	+ 4
Side Farmhouse Salad	+ 2
Side Caesar Salad	+ 2
Side Greek Salad	+ 2
Fresh Fruit Bowl	+ 2
Yogurt Berry Parfait	+ 3

SALADS

Chicken Caesar Salad

16

romaine lettuce with bacon, parmesan, and croutons. Tossed in garlic caesar dressing topped with grilled chicken

Chicken Greek Salad

16

romaine lettuce tossed in a creamy greek dressing with grape tomatoes, cucumber, red onion, and black olives. Topped with grilled chicken and feta

Farmhouse Salad

12

blend of spinach and romaine with cucumber, grape tomato, red onion and shaved carrot. Tossed in our housemade vinaigrette topped with pumpkin seeds add grilled chicken + 4

make any salad a wrap + 1

choice of side included with all wraps

FLATBREADS

add choice of side + 4 gluten free flatbread + 4

BBQ Chicken Flatbread

15

16

Chicken Bacon Caesar Flatbread

15

grilled chicken tossed with bbq sauce, topped with caramelized onions, mozzarella and fresh cracked pepper. Garnished with arugula

Pesto Chicken Flatbread

pesto base with grilled chicken, sundried tomatoes, caramelized onions and spinach. Topped with mozzarella. Garnished with arugula

garlic white sauce, topped with grilled chicken, bacon, shaved parmesan, mozzarella and cracked pepper. Garnished with arugula

Grilled Garden Flatbread

Lobster Bisque

blend of lobster,

cream and wine,

enhanced with

herbs de provence

 14^{50}

pesto base with charred tomato, red onion, spinach, mozzarella, and feta. Garnished with arugula

SOUPS + BOWLS

Cup 8 | Bowl 10 | Bread Bowl 13

Roasted Tomato + Smoked Gouda

tomato bisque with gouda cheese, pureed roasted red bell peppers, sweet basil leaves, crushed garlic and fresh cream

Broccoli Cheddar

cream based soup with fresh broccoli and aged cheddar cheese

Mac + Cheese

macaroni and cheese crafted with creamy white cheddar cheese, cavatappi pasta + crushed panko

Soup + Salad with Baguette | 16

Trio Sampler | 18 | Choose Any 3 served with bread + butter

Homestyle Chili

Classic

Chicken Noodle

egg noodles in a light

herbed chicken broth

with diced carrot,

onion, celery and

tender chicken breast

slow cooked chili with ground beef, beans, tomatoes + spices add cheddar cheese +1

cup of soup with side Greek, Caesar or Farmhouse salad + baguette

add grilled chicken + 4