



# FOOD MENU

Freshly made to order, seven days a week



## BAGELS

**JUST A BAGEL** \$3.03

**WHITEFISH WONDER** \$12.36

Your choice of bagel with smoked whitefish salad, tomato, onion and cucumber.

**SMOKED SALMON ROYALE** \$13.06

Your choice of bagel with cream cheese, pastramied lox, tomato, red onion and capers.

**THE CLASSIC** \$7.55

Egg and cheddar served on your choice of bagel. Add bacon or chicken sausage for \$1.27.

**POWER BAGEL** \$12.36

Your choice of bagel with hummus, sprouts, tomato and avocado.

## BAGELS, CREAM CHEESES & SPREADS

**BAGELS** \$3.03

Please see bakery case for current selections. Our bagels are proudly sourced from Bull Frog Bagels & are baked fresh daily. Gluten free bagels available on request (+ \$1.90).

### CREAM CHEESES & SPREADS

Cream Cheeses: Classic (+\$1.26), Honey Walnut (+\$1.90), Garden Veggie (+\$1.90), Chive (+\$1.90)

**Spreads:** Butter (+\$1.26), Brown Sugar Cinnamon Butter (+\$1.90), Strawberry Preserves (+\$1.26), Peanut Butter (+\$1.90), Hummus (+\$1.90)

## SANDWICHES

**FARMHOUSE** \$12.36

Egg, avocado, jack cheese and veggie cream cheese on jalapeno cheddar loaf.

**SMOKEHOUSE** \$13.06

Egg, chicken sausage, bacon, muenster & smoky chipotle aioli on a jalapeno loaf.

**SWEET & SAVORY** \$9.62

Egg and cheddar served on a waffle square with a drizzle of syrup. Add bacon or chicken sausage for \$1.27.

**THE YOLKAL** \$8.25

Black pepper egg and cheddar served on a brioche bun. Add bacon or chicken sausage for \$1.27.

**BREAKFAST BLT** \$10.99

Egg, bacon, mixed greens, tomato & mayo on multi-grain toast.

## FRESH PASTRIES & BAKED GOODS

Please see bakery case for current available pastry and baked good selections.

Avocado (+\$3.17), tomato (+\$1.26), onion (+ \$0.62), cucumber (+\$1.26), mixed greens (+ \$1.26), sprouts (+\$0.62), capers (+\$1.01), egg (+ \$3.17), bacon (+\$3.17), chicken sausage (+ \$3.17), smoked salmon (+\$4.45), whitefish (+ \$5.09)



## THE BELGIANS

### CLASSIC WAFFLE

8.92

Belgian waffle served with brown sugar cinnamon butter and syrup.

### STRAWBERRY WAFFLE

\$10.31

Belgian waffle with fresh strawberries served with brown sugar cinnamon butter and syrup

### CHOCOLATE CHIP WAFFLE

\$10.31

Belgian waffle with chocolate chips served with brown sugar cinnamon butter and syrup.

### BLUEBERRY WAFFLE

\$10.31

Belgian waffle with fresh blueberries served with brown sugar cinnamon butter and syrup

## EXTRA & TOPPINGS

### AVAILABLE TOPPINGS

Avocado (+\$3.17), tomato (+\$1.26), onion (+\$0.62), cucumber (+\$1.26), mixed greens (+\$1.26), sprouts (+\$0.62), capers (+\$1.01), egg (+\$3.17), bacon (+\$3.17), chicken sausage (+\$3.17), smoked salmon (+\$4.45), whitefish (+\$5.09)

### IN NEED OF CATERING SERVICES FOR YOUR UPCOMING EVENT?

#### WE CAN HELP WITH THAT!

There is nothing we love more at Tynan Coffee & Tea than a really good party! (Other than coffee, of course!) From birthday parties to corporate events and charity fundraisers, our catering services will add a delicious note to any celebration regardless of occasion or size.

Contact us today for more information about catering for your upcoming event.

## LUNCHTIME CLASSICS

### A TURKEY AT THE CLUB

\$13.06

Turkey, smoked bacon, jack cheese, sprouts and avocado with chipotle aioli served on a toasted ciabatta.

### MOTHER CLUCKER

\$13.06

All white meat chicken salad with dried cranberries, celery, roasted pumpkin seeds and dill on toasted jalapeno cheddar loaf with mixed greens and red onion.

### BMT

\$12.19

Fresh mozzarella, marinated oven roasted tomato, mixed greens with basil pesto and balsamic vinaigrette on toasted ciabatta.

### SMOKED SALMON BLT

\$14.42

Pastramied lox, bacon, mixed greens, tomato and lemon aioli on toasted ciabatta.

### GROWN UP GRILLED CHEESE

\$9.62

Melted jack, cheddar and muenster on multi-grain bread.

### PB&J

\$7.55

A classic favorite, served with strawberry preserves and peanut butter on multi-grain bread.

### RUN THROUGH THE GARDEN

\$12.36

Mixed greens, spiced roasted chickpeas, cucumber, tomato and avocado with honey basil vinaigrette. Add chicken salad (+\$5.13) or whitefish salad (+\$5.13).

**\*Gluten free brioche bread available on request**