Breakfast Only Served Until 2:00pm

GRANOLA

\$8

cornerstone

MENI

Choice of dairy: Whole Milk, Oat Milk or Yogurt (GF)

OATMEAL

\$8

Baked apple & cinnamon oats served with a choice of milk foamed. (GF) Try "Barbs Oats" (shot of baileys) \$4.00

TOAST & PRESERVES



Two slices of seed & grain bread served with homemade preserves. (GF)

Lunch & Dinner

MEDITERRANEAN RICE BOWL



Brown rice, spinach, pickles, cucumber, tomatoes, almond hummus & tzatziki. Served with a choice of protein: tandoori chicken, beef kabob or falafel. (GF)

MAC & CHEESE

\$16

Sharp cheddar and creamy gouda with roasted tomatoes. (GF) Add protein \$4.99

CAESAR SALAD



Traditional Caesar topped with homemade seed cracker croutons and parmesan. (GF) Add protein \$4.99

Brunch

TUSCAN EGGS

\$16

Two eggs basted soft in a tomato basil sauce, topped with fresh spinach & creamy chèvre. Served with toast for dipping. (GF)

BREAKFAST BOWL

\$15

Spinach, scrambled eggs, shredded gouda, cherry tomatoes and bacon. (GF)

GRILLED CHEESE WAFFLE **\$15**

Two egg omelette, cheddar, gouda, roasted tomato & spinach on a waffle. (GF)

MEDITERRANEAN WRAP

\$15

\$16

Eggs, tomatoes, spinach & cheddar.

SCOTTISH BREAKY WRAP

Eggs, bacon, potato & cheddar.

MANGO LASSI (GF) \$8 VERRY BERRY SMOOTHIE (GF)\$8

CHARCUTERIE



Selection of local Salami, cheeses, olives and more. (GF)

BEEF KABOB PANINI



Indian-style beef kabob, cheddar cheese, spinach, and white onion on naan. Served with tzatziki

TANDOORI CHICKEN WRAP **\$16**

Tandoori chicken, apples, onions, mayo & romaine lettuce in a wrap.

Side Dish

GREEN SALAD (GF) **\$7.5** SOUP OF THE DAY (GF) **\$7.5**