

TAKEOUT MENU



SANDWICHES & WRAPS

SMOKED TURKEY BOCATA

Turkey, roasted red peppers, chipotle, goat cheese, cucumbers, and roasted red pepper herb spread on a schiacciata bun.

580 Cals \$8.99

TURKEY AVOCADO

Turkey, avocado, tomatoes, cucumbers, lettuce, and jalapeño-lime aioli on twelve-grain bread.

500 Cals \$8.99

CHICKEN CAESAR WRAP

Chicken, Romaine, bacon, Parmesan, and Caesar dressing in a flour tortilla.

610 Cals \$8.99

CLUBHOUSE SANDWICH

Turkey, bacon, lettuce, tomatoes, and mayo on twelve-grain bread.

800 Cals \$9.99

VEGGIE PERFECTO

Kale, Romaine, baby spinach, cucumbers, carrots, tomatoes, roasted red peppers, goat cheese, and red pepper herb spread in a flour tortilla.

480 Cals \$7.99

ASIAGO BLT

Lettuce, tomatoes, bacon, and mayo on an Asiago bagel.

570 Cals \$6.99

PIRI PIRI CHICKEN WRAP

Piri Piri-spiced chicken, bacon, cheddar, tomatoes, lettuce, jalapeño-lime aioli in a flour tortilla.

590 Cals \$7.99

MAKE IT A COMBO **ADD \$3.49**

CHOOSE SIDE:

- Side Garden Salad
- Side Caesar Salad (Add \$0.99)

CHOOSE BEVERAGE:

- Culture's Blend Coffee (Medium)
- Culture's Decaf Coffee (Medium)
- Bottled Water

CHOOSE COFFEE CONDIMENTS:

- Cream
- Milk
- Sugar
- Sweetener

SALADS

BERRY PECAN SALAD

Mixed greens, strawberries, blueberries, carrots, goat cheese, pecans, and balsamic vinaigrette.

400 Cals \$8.99

+ Add Chicken (200 Cals, \$2.99)

CAESAR SALAD

Romaine, bacon, croutons, Parmesan, and Caesar dressing.

450 Cals \$7.99

+ Add Chicken (200 Cals, \$2.99)

ALL DAY BREAKFAST

BREAKFAST BAGEL

Egg and cheddar on your choice of bagel.

440 Cals \$3.99

CHOOSE BAGEL:

- Plain
- Whole Wheat
- Asiago

ADD-ONS:

- Add Bacon (\$0.99)
- Add Sausage (\$0.99)

NEW YORK STYLE BAGEL

Choose from assorted bagels.

290 Cals \$2.29

CHOOSE BAGEL:

- Plain
- Whole Wheat
- Asiago

ADD-ONS:

- Add Cream Cheese (\$0.99)
- Add Butter

ASIAGO BAGEL

Egg, cheddar, and bacon on an Asiago bagel.

470 Cals \$4.99

POWER UP BREAKFAST BAGEL

Egg, cheddar, avocado, and tomatoes on an Asiago bagel.

460 Cals \$4.99

POWER UP GREEK YOGURT PARFAIT

Greek yogurt, blueberries, strawberries, and granola.

330 Cals \$3.99

BAKED GOODS & DESSERTS

HEALTHY HARVEST MUFFIN

500 Cals \$2.49

BLUEBERRY MUFFIN

570 Cals \$2.49

CRANBERRY MUFFIN

550 Cals \$2.49

CHOCOLATE CHIP MUFFIN

650 Cals \$2.49

CINNAMON SCONE

500 Cals \$2.79

PEANUT BUTTER COOKIE

420 Cals \$1.99

CHOCOLATE CHIP COOKIE

380 Cals \$1.99

CARROT CARAMEL CHEESECAKE

610 Cals \$5.99

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. *All prices subject to applicable taxes.



COLD BEVERAGES

POWER UP SMOOTHIE

Fresh combination of strawberries, blueberries, banana, Greek yogurt, and all natural fruit puree.

250 Cals \$5.49

+ Add Protein Booster (\$0.99)

MOCHA ‘CCINO

Blended cold mocha-flavoured beverage with Coffee Culture’s full-bodied espresso.

470 Cals \$4.99

CARAMEL ‘CCINO

Blended cold caramel-flavoured beverage with Coffee Culture’s full-bodied espresso.

470 Cals \$4.99

HOT BEVERAGES

COFFEE

Unique and brewed to perfection. Choose your favourite blend.

5 Cals \$2.29

CHOOSE BLEND:

- Culture’s Blend Coffee
- Culture’s Decaf Coffee

CHOOSE SIZE:

- Medium
- Large (Add \$0.30)

CHOOSE COFFEE CONDIMENTS:

- Cream
- Milk
- Sugar
- Sweetener

ADD-ONS:

- Add Espresso Shot (\$0.79)
- Add Vanilla Flavour Shot (\$0.49)
- Add Caramel Flavour Shot (\$0.49)

ICED COFFEE

220 Cals \$2.29

CHOOSE COFFEE CONDIMENTS:

- Cream
- Milk
- Sugar
- Sweetener

ADD-ONS:

- Add Espresso Shot (\$0.79)
- Add Vanilla Flavour Shot (\$0.49)
- Add Caramel Flavour Shot (\$0.49)

AMERICANO

A long pour of Coffee Culture’s full-bodied espresso. Served in a Medium cup.

10 Cals \$2.99

CHOOSE COFFEE CONDIMENTS:

- Cream
- Milk
- Sugar
- Sweetener

HOT CHOCOLATE

Served in a Medium cup.

310 Cals \$2.49

CATERING MENU

Please allow 90 minutes after placing your order for order completion.

COFFEE BOX (96oz.)

\$19.99

CHOOSE BLEND:

- Culture’s Blend Coffee
- Culture’s Decaf Coffee

ASSORTED BAKED GOODS

Twelve assorted baked goods, freshly baked in-house daily. Assortment can include a combination of cookies, muffins, and scones.

\$19.99

ASSORTED SANDWICHES AND WRAPS

Assorted sandwiches and wraps made with fresh ingredients, the finest bread, and signature sauces. Serves four to six.

\$39.99

CAESAR SALAD CATERING MENU

Classic Caesar salad, serves four to six people.

\$29.99

BERRY PECAN CATERING MENU

Fresh salad with mixed greens, strawberries, blueberries, carrots, goat cheese, pecans, and balsamic vinaigrette. Serves four to six people.

\$32.99

BOTTLED BEVERAGES

POP (500ml)

Your choice of Coca Cola, Diet Coke or Sprite.

\$2.29

JUICE (355ml)

Your choice of Apple Juice or Orange Juice.

\$2.29

WATER (500ml)

\$1.99



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