

BREAKFAST

GREEK YOGHURT

With honey — 4.75
Buckwheat, cocoa hazelnut granola with fruit compote — 8.75

BUCKWHEAT COCOA HAZELNUT GRANOLA

With milk or almond milk — 6

OATMEAL POTS

Ginger with cardamom and raisins — 4
Coconut with pineapple and papaya — 4
Goji berries with flax and almonds — 4

TOAST

Multigrain/ Gryfe's sesame bagel
With butter — 2.75
With peanut butter — 3.25
With seasonal jam and butter — 3
With cream cheese — 3.50
Substitute gluten free flax toast +1

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Cafe Neon

(1) 241 Wallace Avenue

647 352 8366

(2) 1024 Queen Street West

647 351 6366

www.cafeneon.ca

LUNCH

SOUP — 5.50

Bowl of daily soup and crostini

QUICHE LORRAINE — 6.25

Smoked ham, Swiss, scallions, wheat free crust

VEGGIE QUICHE — 6.25

Spinach, herbs, feta, roasted tomato, wheat free crust

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SIDES

ORGANIC SPROUT SALAD — 5.75

Organic sprout blend, sprouted grains, toasted seeds, sesame orange dressing

CHICKPEA SALAD — 5

Chickpeas, arugula, red onion and peppers, smoked paprika, cumin and citrus dressing

KALE SALAD — 4.50

Kale, cashew dressing, red pepper, toasted pumpkin seeds

HOUSE SALAD — 4

Spring mix, tomatoes, scallions, vinaigrette

FRITES — 4.25

Kosher salt, fresh rosemary, roasted garlic mayo

SALAD BOWLS

ROCKET SALAD — 8.75

Baby arugula, spinach, beets, oranges, feta, sesame orange dressing

NICOISE SALAD — 10.25

Tuna, egg, potatoes, tomatoes, green beans, Kalamata olives, scallions, mixed greens, house vinaigrette

NEON CAESAR SALAD — 10.75

Romaine and kale, bacon, Parmesan, croutons, pickled red onion, fresh lemon, cashew garlic Caesar dressing

WINTER BOWL — 11.75

Kale, beets, sweet potato, chickpeas, braised cabbage, sprouts, wheat berries, raisins, toasted almonds, sesame orange dressing

Add goat cheese +2

Add grilled chicken +3.75

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HOT SANDWICHES

Served with our house coleslaw

CHICKEN CLUB — 11.50

Breaded chicken breast, bacon, roasted tomato, arugula, roasted garlic mayo on toasted challah

CHEESEBURGER — 11

Dry aged and chuck beef burger, white cheddar, tomato, pickled red onion, romaine, Dijon mayo on a toasted onion bun
Add bacon +2

PULLED PORK — 8.75

House smoked pulled pork, coffee BBQ sauce, onions, granny smith apples, old cheddar on a toasted onion bun

GRILLED CHEESE — 8.75

Old cheddar, Swiss, mozzarella, caramelized onions, fresh thyme, grill pressed on multigrain

B.L.T. — 8.75

Bacon, romaine, tomato, Dijon mayo on toasted multigrain

COLD SANDWICHES

MEDITERRANEAN TUNA — 7.95

Tuna, tomato salsa, red onion, capers, arugula, extra virgin olive oil on a baguette

CHOPPED EGG SALAD SANDWICH — 7.50

Egg, dill, organic sprouts, Dijon mayo and cucumber on multigrain

SWEET PEA AND LENTIL FALAFEL — 10.75

Falafel, tomato, pickled red onion, romaine, roasted garlic hummus, yoghurt dill dressing in a whole wheat wrap

SMOKED HAM — 8.25

Smoked ham, Swiss cheese, tomatoes, Dijon mayo on a baguette

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COMBOS

LUNCH COMBO N° 1 +3

Add rosemary frites or side salad to any item

LUNCH COMBO N° 2 +2.50

Add a drink and a snack to any sandwich or bowl