

## BREAKFAST

### GREEK YOGHURT

With honey — 5  
Buckwheat, cocoa granola with fruit compote, *Vegetarian, contains nuts* — 8.75

### BUCKWHEAT COCOA GRANOLA

With milk or almond milk, *Vegetarian, contains nuts* — 6

### OATMEAL POTS

Ginger with cardamom and raisins — 5  
Coconut with pineapple and papaya — 5  
Goji berries with flax and almonds — 5

### TOAST

With butter — 2.75  
With peanut butter — 3.25  
With seasonal jam and butter — 3.25  
With cream cheese — 3.75  
*Substitute gluten free flax toast +1.50*

### BREAKFAST PLATE — 13.50

Two fried eggs, choice of bacon, chicken sausage or veggie beans, toast, salad greens and potatoes

### MORNING WRAP — 7.25

Scrambled eggs, feta, caramelized onions, baby spinach, baked beans in a wrap

### SMOKED TROUT SANDWICH — 8.75

House smoked Ontario trout, capers, cream cheese, dill, organic sprouts, toasted sesame bagel

### NEON BREAKFAST SANDWICH — 7.25

Fried egg, bacon, Swiss cheese, tomato, greens, Dijon mayo, toasted sesame bagel

### VEGGIE BREAKFAST SANDWICH — 7.25

Scrambled eggs with spinach and feta, tomato, toasted bread

### CHICKEN SAUSAGE SANDWICH — 7.25

Chicken sausage, fried egg, white cheddar, chipotle mayo on a toasted onion bun

## LUNCH

### SOUP — 6.25

Bowl of daily soup, crisp bread

### VEGGIE QUICHE — 11

Spinach, herbs, feta, roasted red pepper, wheat free crust, with house greens

## SIDES

### ORGANIC SPROUT SALAD — 6

Organic sprout blend, sprouted grains, toasted seeds, cider-shallot vinaigrette

### CHICKPEA SALAD — 6

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

### KALE SALAD — 5.50

Kale, cashew dressing, red pepper, toasted sunflower seeds

### HOUSE SALAD — 4.75

Market greens, vinaigrette

### FRITES — 4.50

Kosher salt, rosemary, roasted garlic mayo

## BOWLS

### ROCKET SALAD — 10

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

### NICOISE SALAD — 11.75

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

### NEON CAESAR SALAD — 11.75

Romaine, kale, bacon, parmesan, croutons, pickled red onion, fresh lemon, cashew dressing

*Add grilled chicken +3.75*

*Add smoked trout +3.75*

### SEASONAL SALAD BOWL — 12.75

Kale, beets, root vegetables, chickpeas, cabbage, superfood sprout blend, raisins, wheat berries, toasted almonds, sesame orange dressing

*Add goat cheese +2*

*Add grilled chicken +3.75*

## HOT SANDWICHES

### CHICKEN CLUB — 12.75

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

### NEON BURGER — 11

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

### PULLED PORK — 9.75

House smoked pulled pork, coffee BBQ sauce, onions, cabbage slaw, chipotle mayo on a toasted onion bun

### GRILLED CHEESE — 9.75

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

### B.L.T. — 8.75

Bacon, romaine, tomato, Dijon mayo

## COLD SANDWICHES

### MEDITERRANEAN TUNA — 8.75

Tuna, caper salsa, pickled onions, arugula, tomatoes, dijon mayo, olives, extra virgin olive oil

### CHOPPED EGG SALAD SANDWICH — 8

Egg, dill, organic sprouts, Dijon mayo, cucumber

### SWEET PEA AND LENTIL FALAFEL — 11.25

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

### SMOKED HAM — 8.75

Smoked ham, Swiss cheese, tomatoes, Dijon mayo

## COMBO

### LUNCH COMBO +4

Add rosemary frites or side salad and a pop or water to any item