



menu

coffee and beverages

12oz / 16oz

Organic Rhino Coffee House Drip
Latte

Espresso

Cappuccino

Americano

Mocha

London Fog Tea Latte

Hot Chocolate

Babyccino (steamed milk w/ whip)

Kids Hot Chocolate

Tea Latte

Green Beanie Tea Latte

(Tropical green tea, coconut milk, hint of vanilla syrup)

Mighty Leaf Tea

(English Breakfast, Chai, Peppermint, Tropical Green, Chamomile Citrus, Green Tea, Decaf)

- *Add almond, gluten-free oat, soy, or coconut milk

- *Add flavoured syrup




**for an additional charge*






menu

smoothies

-  GF **Antioxidant Smoothie** *oat milk, spinach, banana, blueberries.*
- GF **Coffee Buzz Smoothie** *oat milk, espresso, cocoa, vanilla whey protein, banana, MCT oil.*
-  GF **The Jewel** *apple juice, banana, mixed berries.*
-  GF **Tropical Greens Smoothie** *coconut milk, spinach, banana, mango, lime.*



-  Add vegan vanilla protein to any smoothie
Add whey vanilla protein to any smoothie

**for an additional charge*

-  GF **Tahini Chickpea Bowl** *wild rice, roasted carrots, zucchini, yellow peppers, chickpeas, tahini lime dressing*
-  GF **Wild Rice & Bulgur Wheat Salad** *feta cheese, organic pickles, parsley, apple cider vinaigrette *add house spiced chicken breast*
-  **Soba Noodle Salad** *baby spinach, pickled daikon and carrot, miso vinaigrette *add house spiced chicken breast *add avocado*
- GF **Gibsons Bowl** *house spiced chicken breast, wild rice and bulgur wheat, vegetables*
- GF **Three Cheese Panini** *artisan sourdough, aged cheddar, gouda. goat feta, with balsamic ketchup *add house spiced chicken breast *add avocado*
-  GF **Roasted Vegetable Panini** *sourdough bread, goat cheese, sundried tomato pesto, artichoke, zucchini, pepper slices *add avocado*
- GF **Roasted Chicken Panini** *sourdough bread, roasted vegetables, goat cheese, sundried tomato pesto*
- GF **That Cheesy Pickle Panini** *sourdough bread, turkey, three cheese blend, pickles, sundried tomato pesto with banana peppers and a side of tomato basil bisque*
-  **Soup and Salad** *tomato basil bisque with greens*
- GF **Avocado Toast** *sourdough bread, avocado, goat cheese, balsamic drizzle, arugula*
-  GF **Yoggu Parfait** *vegan Yoggu vanilla yogurt, blueberry chia pudding, cashew granola*

**for an additional charge*



menu

waffle menu

White Chocolate and Blueberry *white chocolate sauce, fresh blueberries*

Apple Pie *fresh apple, toasted pecans, apple pie spices, caramel drizzle*

Strawberry Whipped *strawberries, whipped cream, maple syrup*

House Made Chicken and Waffles

kids menu

Kids Waffle *whipped cream, chocolate drizzle*

Those Little Pancakes *whipped cream, chocolate drizzle*

GF **Grilled Cheese Sandwich**


Cheese Quesadilla

Soup Cup *tomato basil bisque and slice of bread*

 GF **Tapas Box** *turkey or hummus or avocado, fresh fruit, crackers, cheese*

 GF **Baby Tapas** *hummus or avocado, apple sauce, bread bites*

 GF **Fruit Salad Bowl**

 Vegan / vegan option available.

GF Gluten free item / gluten free bread available for any paninis or toasts.