



## EAT

# FLOUR

Panini	\$17
Prosciutto, asiago, roasted red pepper and artichoke	
Savoury Tart	\$20
Butter pastry, custard, cheese, seasonal ingredients, served with organic greens	
Smoked Salmon Plate	\$22
Montreal bagel, salmon, cream cheese, capers, pickled onion, sprouts, lemon	
Curried Chicken Salad	\$20
Poached McIntosh farms chicken, celery, apple, currant, lemon, herbs, aioli, pea shoots	
Seasonal Salad	\$18
Organic greens, roasted squash and red onion, cranberries, pumpkin seeds, maple-dijon dressing	
Butternut Squash & Ginger Soup	\$15
Smoothie Bowl	\$18
Pureed frozen fruit, house granola, fresh fruit, banana, bee pollen, chia seeds, almond butter	
Mushroom Toast	\$22
Sourdough, chèvre, local organic mixed mushrooms	



## DRINK

Brewed Coffee	\$3.5
Cappuccino	\$4.5
Latte	\$6
Chai Latte	\$6
Matcha Latte	\$6
Loose Leaf Tea	\$3.5
Sparkling Water 670ml	\$6
Flavoured Sparkling 355ml	\$5
Fresh OJ	\$5.5
Cold-Pressed Juice	\$8
Smoothie	\$12
Aperol Spritz	\$13
Mimosa	\$13
Beer	\$7
Wines by the Glass	\$MP

*All of our food reflects place and season. We use organic produce, McIntosh Farms meat and eggs, small batch butter and local quality ingredients.*

FLOURMILL