



Hourglass

Food Menu

Lunch



\$10.25

Smoked Salmon

Toasted locally made pumpernickel bread, topped with cream cheese, salmon, dill and lemon juice with a small side of mesclun greens.

Cafe Club Panini

\$11.90

Roasted chicken with Montreal spice, celery. Green onions, and aioli. Topped with bacon and tomato. Served in a toasted ciabatta bun.

Steak and Mozzarella Panini

\$11.30

Seasoned steak shavings, caramelised onions, Montreal spice and aioli . Served in a toasted ciabatta bun.

Greek Style Panini

\$10.80

Donair meat, cucumber, red onion, tomato, feta, and tzatziki. Served on a toasted ciabatta bun.

Veggie Panini

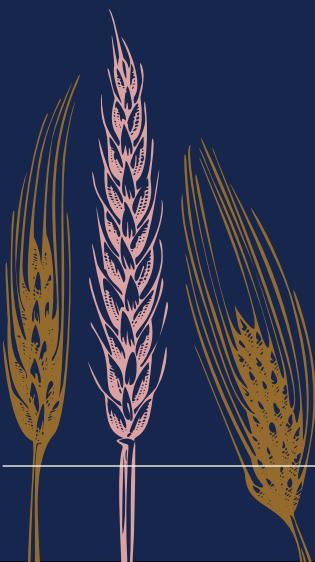
\$9.80

Balsamic roasted vegetables, mushrooms, peppers, red onion, and zucchini. Topped with mozzarella and pesto. Served in a toasted ciabatta bun.

Smoked Ham & Cheese Panini

\$10.90

Smoked ham, topped with cheddar cheese, dijon mustard, and tomato. Served in a toasted ciabatta bun.



Light Bites & Sharing

Grilled Cheese Toasty

\$8.20

Golden, gooey, and just right – melted cheddar on toasted sourdough, done the old-fashioned way.

Grilled Cheese and Bacon Toasty

\$8.70

The classic, made heartier – sharp cheddar and crispy bacon grilled between buttery sourdough slices.

Tomato, Pesto, Grilled Cheese Toasty

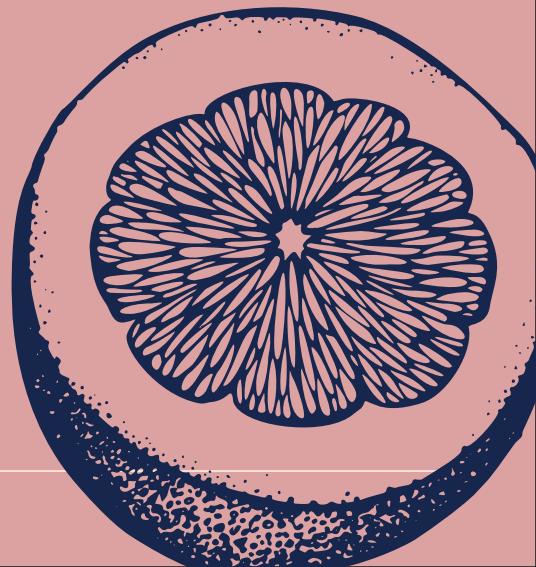
\$8.70

Juicy beefsteak tomatoes and herby pesto layered with cheddar on toasted sourdough – a garden-fresh twist on tradition.

BLTC Bagel

\$8.50

Choose your bagel (Plain, Sesame, Everything, or Wholewheat). Stacked with leafy lettuce, thick-sliced tomato, crispy bacon, cheddar, and a dollop of creamy aioli. A rustic deli dream.



Salads



Caesar Salad

Crisp hand-torn romaine, tossed in our house-made Caesar dressing with golden croutons, shaved parmesan, and crispy bacon – a timeless favourite, made from scratch.

\$12.30

Orchard Bliss

Honey-crisp apples, cool cucumber, and slivers of red onion, dressed in a peach white balsamic and finished with a crumble of creamy goat's cheese – sweet, tangy, and totally refreshing.

\$11.30

Greek Salad

\$10.25

A sun-drenched classic – cherry tomatoes, cucumber, red onion, briny Kalamata olives, and crumbled Greek feta, all tossed in organic olive oil and a squeeze of lemon.

Asian Delight Salad

13.90

A crunchy medley of lettuce, cucumber, celery, dried cranberries, and toasted almonds – tossed in our house-made curried mayo dressing for a sweet, savoury, spiced-up bite. This is not hot spice!

Fall Salad

\$12.30

A bed of mixed greens, topped with maple candied pecans, pears, blue cheese, and sunflower microgreens. Finished with our Fig Balsamic dressing.





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