

We've always been in love with Montreal bagels. The connoisseurs bagel - that's not to be confused with its well known cousin, the NYC bagel - is hand rolled to be denser + with a slightly bigger hole before being poached in honeyed water + blasted in our ovens to give a golden crust.

GRANOLA

5.5

BREADS

BAGELS [V]

1 for 1.25 / 4 for 4.5

PITAS [Ve]

1 for 1 / 5 for 4

CHALLAH ROLLS [Ve]

1 for 1.25 / 4 for 4.5

DIPS

LABNEH + PUMPKIN SEED RELISH [V]

4.5

BUTTER BEAN HUMMUS [Ve]

4.5

GREEN WHIPPED FETA [V]

4.5

SCHMEAR [V]

2.5

~~THE~~ LE GOOD EGG BAGELS DE MONTREAL

MONTREAL BAGELS

BAGEL + SCHMEAR [V]

3.5

SALT BEEF, APPLE + DILL KRAUT +
HOUSE MUSTARD

8

HARISSA EGG MAYO +
CRISPY BACON

6.5

LOX + CREAM CHEESE

7.5

EGG MAYO +
SMOKED CHEDDAR [V]

5.5

CHALLAHS

GREEN CHICKEN SALAD

7.5

HUMMUS, DUKKAH +
CABBAGE [VE]

5.5

SNACKS

HALF SOUR PICKLES

2.5

DILL PICKLES

2.5

SPICED NUTS

4

FRESH MELON

4

SWEET THINGS

CHOCOLATE BABKA

Whole mini 10 / By the slice 4

MORNING BUNS

3.75

HAPPY ENDINGS ICE CREAM SANDWICHES

THE MALTY ONE

MALTED MILK PARFAIT IN AN OATY
BISCUIT + HALF-DIPPED IN MILK CHOC

EAST SIDE VEGAN

CORN + CASHEW 'ICE CREAM', SMOKEY
SALT CARAMEL, CORN + MISO COOKIE

TRES LECHE

3 MILKS PARFAIT + SALTED DULCHE DE
LECHE INBETWEEN LAYERS OF SPONGE
CAKE.

5