

TO START THE DAY

BAHARAT SPICED RICE PORRIDGE
+ROAST PLUMS [Ve]

4

BREADS

BAGELS [V]

1 for 1.25 / 4 for 4.5

PITAS [Ve]

1 for 1.25 / 5 for 5

DIPS

LABNEH + PUMPKIN SEED RELISH [V]

4.5

BUTTER BEAN HUMMUS + HARISSA [Ve]

4.5

GREEN WHIPPED FETA [V]

5

SCHMEAR [V]

2.5

~~THE~~ LE GOOD EGG BAGELS DE MONTREAL

MONTREAL BAGELS

PBJ: PISTACHIO BUTTER, BLACKBERRY
JAM, CREAM CHEESE + STREUSEL [V]

5

HARISSA EGG MAYO + CRISPY BACON

6.5

LOX + CREAM CHEESE

7.5

EGG MAYO + SMOKED CHEDDAR [V]

5.5

HOT BAGELS

HOUSE CURED SALT BEEF, MUSTARD
BECHAMEL, SMOKED CHEDDAR,
GARLIC + DILL KRAUT + PICKLES

8.5

MERGUEZ MEATBALL, HARISSA,
SHAKSHUKA SAUCE, SMOKED
CHEDDAR + PINK PICKLES

8.5

SPICED SQUASH, FETA + MOZZARELLA,
ZHOUG, ONION + DATE RELISH +
CORIANDER [V]

7

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 - the Montreal 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.

SABIH

IRAQI AUBERGINE PITA W/
FUDGEY EGGS, TAHINI, AMBA,
DAK DAK, PICKLES + ZHOUG

9

(no pita [GF] or no egg [Ve] 8.5)

SWEET THINGS

CHOCOLATE BABKA [V]

Whole mini 14

By the slice 4

MORNING BUNS [V]

4