

## Brunch - November 2025

<p><b>Avocado Toast</b>  <b>Allergen Warnings:</b> Egg, Milk, Soy, Sulphites, Wheat.</p>	<p><b>Poached Eggs:</b> Eggs, Water, Vinegar  <b>Sourdough:</b> Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preparation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Abscorbic Acid  <b>Brunch Potatoes:</b> Potatoes, Vegetable oil (contains one or more of the following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote colour retention), Dextrose.  <b>Chimmichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion  <b>Dorati Tomatoes:</b> Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Acidifier- Lactic Acid  <b>Avocado Edamame Mash:</b> Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum)  <b>Sriracha Goat Cheese:</b> Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Potassium Sorbate, Bacterial Culture, Microbial Enzyme), Sriracha Sauce (Sweet Red Peppers, Water, Cayenne Pepper Sauce, Modified Corn Starch, Salt, Brown Sugar, Chili Pepper Seeds, Cider Vinegar, Garlic Powder, Potassium Sorbate, Xanthan Gum, Caramel, Spices, Natural Flavour), Sriracha Seasoning (Ground Chillies, Dehydrated Garlic, Brown Sugar, Salt, Citric Acid, Spices, Natural Flavour, Olive Oil, Xanthan Gum)  <b>Roasted Red Onions:</b> Canola Oil, Salt, Pepper  <b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices  <b>Hollandaise:</b> (Unsalted Butter, Emulsa (Egg Yolk, Water, Salt, Phospholipase, Lemon Juice, Water, White Wine (sulphites), Tabasco Sauce (Vinegar, Red Peppers and Salt), Coarse Salt, White Pepper.  <b>Sweet &amp; Spicy Tabasco Sauce:</b> Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xantham Gum, Spices  <b>Canola Oil, Baby Arugula, Parsley</b></p>
<p><b>Classic Breakfast</b>  <b>Allergen Warnings:</b> Soy, Egg, Wheat, Milk. May Contain Tree Nuts, Sesame</p>	<p><b>Scrambled Eggs:</b> Whole Egg, Butter Flavoured Oil (High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene)  <b>Brunch Potatoes:</b> Potatoes, Vegetable oil (contains one or more of the following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote colour retention), Dextrose.  <b>Chimmichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion  <b>Multigrain:</b> Wheat Flour, Water, Brown Flax Seed, Cracked Soy, Honey, Organic Whole Grain Rye Flour, Ground Flax Seed, Organic Whole Grain Wheat Flour, Yeast, Millet Seeds, Yellow Flax Seeds, Sea Salt, Organic Whole Grain Rye Sourdough, <b>OR Sourdough:</b> Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preparation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Abscorbic Acid  <b>Andouille Sausage:</b> Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices, <b>OR Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke  <b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices  <b>Parsley, Unsalted Butter</b></p>
<p><b>Classic Vegan Breakfast</b>  <b>Allergen Warnings:</b> Soy, Sulphites, Wheat. May Contain Almonds, Eggs, Milk, Pecans, Sesame Seeds (Schiacciata)</p>	<p><b>Just Egg:</b> Water, Mungbean Protein Isolate, Expeller Pressed Canola Oil, Sugars (Tapioca Syrup, Solids, Sugar), Soy Lecithin, Tetrasodium Pyrophosphate, Salt, Gellan Gum, Potassium Citrate, Carotene, Nisin, Transglutaminase, Maltodextrin, Natural Flavors, Dehydrated Onions, Turmeric  <b>Brunch Potatoes:</b> Potatoes, Vegetable oil (contains one or more of the following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote colour retention), Dextrose.  <b>Margarine:</b> Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavor, Citric Acid, Vitamin A, Palmitate, Beta Carotene, Vitamin D2  <b>Smoked Apple Sage Sausage:</b> Vital Wheat Gluten, Expeller Pressed Safflower Oil, Non-Sulphured Dried Apples, Yukon Gold Potatoes, Yeast Extract, Granulated Sugar, Pea Protein, Onion Powder, Barley Malt, Garlic, Natural Hickory Smoke Flavour with Torula Yeast, Spices, Cultured Cane Sugar, Vinegar, Sea Salt, Rubbed Sage, Vitamins and Minerals (Potassium Chloride, L-Lysine Monohydrochloride, Niacinamide, Reduced Iron, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Cyanocobalamin)  <b>Schiacciata Bread:</b> Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs &amp; Spices, Salt, Malted Barley Flour, Yeast, Ascorbic Acid, Rice Flour  <b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices  <b>Canola Oil, Salt, Pepper, Parsley</b></p>
<p><b>Eggs Benny - Seafood</b>  <b>Allergen Warnings:</b> Eggs, Milk, Sulphites, Mustard, Wheat, Shellfish, Fish</p>	<p><b>Poached Eggs</b> Whole Eggs, Water, Vinegar  <b>Seafood Salad:</b> Shrimp, Bay Scallops, Lobster Meat (Shrimp, Sodium Tripolyphosphate, Salt), Lobster Base (Cooked lobster meat (Includes lobster tomally), Salt, Corn, Tapioca and Potato Maltodextrins, Sugar, Autolyzed Yeast Extract, Corn oil, Milk ingredient, Corn and potato starches, Tomato Paste, Onion powder, Disodium Inosinate, Disodium Guanylate, Lobster extracts, Cod liver oil, Garlic powder, Lactic Acid, Sices, Flavour (Contains Soy &amp; Celery). CONTAINS: SOY, MILK, COD AND LOBSTER. MAY CONTAIN: OTHER FISH, SHELLFISH AND CRUSTACEANS; Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lemon Juice, salt, red chili flakes, red onion, celery, lemon zest, parsley.  <b>Red Pepper Relish:</b> Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Red Onions, Garlic, Lemon Juice, White Wine, Sugar, Salt, Pepper, Chili Flakes, Ginger.  <b>Chili Salts:</b> Salt, Red Pepper Flakes  <b>Wilted Arugula:</b> Arugula, Salt  <b>Roasted Red Onions:</b> Red Onions, Canola Oil, Salt, Pepper  <b>Brunch Potatoes:</b> Potatoes, Vegetable oil (contains one or more of the following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote colour retention), Dextrose.  <b>Chimmichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion  <b>Hollandaise Sauce:</b> Unsalted Butter, Emulsa (Egg Yolk, Water, Salt, Phospholipase), Lemon Juice, Water, White Wine, Tabasco Sauce (Vinegar, Red Peppers and Salt, Salt), Coarse Salt, White Pepper  <b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices  <b>Ancho, Dill, Parsley</b></p>

<b>Eggs Benny - Traditional</b> <b>Allergen Warnings: Milk, Eggs, Soy, Wheat, Sulphites. May Contain Sesame</b>	<p><b>Poached Eggs</b>: Whole Eggs, Water, Vinegar  <b>Ham</b>: Pork; Water, Glucose Solids, Salt, Potassium Lactate, Flavour, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Smoke Flavour, Sodium Nitrite, Spices, Smoke. Coated with Collagen</p> <p><b>English Muffin</b>: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Glucose-Fructose, Corn Flour, Salt, Vinegar, Cornmeal, Preservatives (calcium propionate, potassium sorbate, sorbic acid), Wheat Gluten, Soybean Oil, Leavening (Monocalcium Phosphate, Calcium Carbonate, Calcium Sulfate), Monoglycerides, Fumaric Acid, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Ammonium Sulfate, Calcium Silicate, Amylase, Pentoanase</p> <p><b>Brunch Potatoes</b>: Potatoes, Vegetable oil (contains one or more of the following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote colour retention), Dextrose.</p> <p><b>Chimmichurri Butter</b>: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Nola Cajun Spice</b>: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p><b>Hollandaise Sauce</b>: Unsalted Butter, Emulsa (Egg Yolk, Water, Salt, Phospholipase), Lemon Juice, Water, White Wine, Tabasco Sauce (Vinegar, Red Peppers and Salt, Salt), Coarse Salt, White Pepper</p> <p><b>Ketchup</b>: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p><b>Parsley</b></p>
<b>Eggs Benny - California</b> <b>Allergen Warnings: Eggs, Milk, Shellfish, Soy, Wheat, Sulphites. May contain Sesame</b>	<p><b>Poached Eggs</b>: Whole Eggs, Water, Vinegar</p> <p><b>English Muffin</b>: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Glucose-Fructose, Corn Flour, Salt, Vinegar, Cornmeal, Preservatives (calcium propionate, potassium sorbate, sorbic acid), Wheat Gluten, Soybean Oil, Leavening (Monocalcium Phosphate, Calcium Carbonate, Calcium Sulfate), Monoglycerides, Fumaric Acid, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Ammonium Sulfate, Calcium Silicate, Amylase, Pentoanase</p> <p><b>Brunch Potatoes</b>: Potatoes, Vegetable oil (contains one or more of the following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote colour retention), Dextrose.</p> <p><b>Chimmichurri Butter</b>: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p><b>Nola Cajun Spice</b>: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p><b>Avocado Edamame Mash</b>: Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum)</p> <p><b>Smoked Bacon</b>: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p><b>Avocado Edamame Mash</b>: Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum)</p> <p><b>Shrimp</b>: Shrimp, Salt, Sodium Tripolyphosphate</p> <p><b>Hollandaise Sauce</b>: Unsalted Butter, Emulsa (Egg Yolk, Water, Salt, Phospholipase), Lemon Juice, Water, White Wine, Tabasco Sauce (Vinegar, Red Peppers and Salt, Salt), Coarse Salt, White Pepper</p> <p><b>Ketchup</b>: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p><b>Parsley</b></p>
<b>Chicken n' Waffles</b> <b>Allergen Warnings: Tree Nuts, Milk, Egg, Soy, Wheat, Sulphites. May Contain Sesame</b>	<p><b>Waffles</b>: Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour</p> <p><b>Chili Salts</b>: Salt, Red Pepper Flakes</p> <p><b>Marinated Chicken Thighs</b>: Chicken Thigh, Chili Garlic Sauce(Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfite as preservatives, Xanthan Gum), Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture), Roasted Garlic (Garlic, Canola Oil)</p> <p><b>Chili Flour</b>: Flour (Wheat Flour, Bezoyle Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p><b>Sausage Gravy</b>: Andouille Sausage (Pork, Water, Salt, Grlic, Bay Leaf, Cayenne, Spices), Canola Oil, Garlic, Roasted Garlic (Canola Oil, Garlic), White Onions, Rosemary, Salt, Pepper, Flour (Wheat Flour, Bezoyle Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Stock (Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginates)), Milk, Cream).</p> <p><b>Honey Hot Sauce</b>: Honey, Red Chili Flakes</p> <p><b>Butter Flavoured Oil</b>: Canola Oil, Liqui and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene (Colour)</p> <p><b>Gremolata</b>: Parsley, Lemon</p> <p><b>Heritage Spring Mix</b>: Crisphead Lettuce, Red Leaf Lettuce</p> <p><b>Lemon Vinaigrette Dressing</b>: Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzonate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xantham Gum</p> <p><b>Butter, Whole Egg</b></p>
<b>Beef Shakshouka</b> <b>Allergen Warnings: Sesame, Egg, Wheat, Sulphites, Soy, Milk</b>	<p><b>Garlic Canola Oil</b>: Garlic, Canola Oil</p> <p><b>Roasted Mushrooms</b>: Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p><b>Roasted Red Onions</b>: Red Onions, Canola Oil, Salt, Pepper</p> <p><b>Garlic/Roasted Garlic</b>: Garlic, Canola Oil</p> <p><b>Spiced Tomato Pepper Sauce</b>: Olive Oil, Onions, Carrots, Garlic, Tomato Paste, Tomato Filets, Black Pepper, Salt, Basil Oil (Basil, Canola Oil, Olive Oil, Salt), Basil, Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Chipotle Chili Peppers (Smoked Red Jalapeno, Water, Vinegar, Sugar, Salt, Natural Smoke Essence, Xanthan Gum, Garlic), Lemon Juice, Salt, Parsley).</p> <p><b>Kalbi Marinade</b>: Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xantham Gum</p> <p><b>Chili Salts</b>: Salt, Red Chili Flakes</p> <p><b>Sriracha Goat Cheese</b>: Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Potassium Sorbate, Bacterial Culture, Microbial Enzyme), Sriracha Sauce (Sweet Red Peppers, Water, Cayenne Pepper Sauce, Modified Corn Starch, Salt, Brown Sugar, Chili Pepper Seeds, Cider Vinegar, Garlic Powder, Potassium Sorbate, Xanthan Gum, Caramel, Spices, Natural Flavour), Sriracha Seasoning (Ground Chillies, Dehydrated Garlic, Brown Sugar, Salt, Citric Acid, Spices, Natural Flavour, Olive Oil, Xanthan Gum)</p> <p><b>Sourdough</b>: Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preperation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Abscorbic Acid</p> <p><b>Crispy Leeks</b>: Leeks, Corn Starch, Canola Oil</p> <p><b>Roma Tomato, Baby Arugula, Ground Chuck &amp; Brisket, Whole Egg, Parsley, Butter</b></p>

<p><b>Ultimate M Classic Breakfast</b>  <b>Allergen Warnings:</b> Soy, Egg, Wheat, Milk. May Contain Tree Nuts, Sesame</p>	<p><b>Scrambled Eggs:</b> Whole Egg, Butter Flavoured Oil (High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene)  <b>Brunch Potatoes:</b> Potatoes, Vegetable oil (contains one or more of the following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote colour retention), Dextrose.  <b>Chimichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion  <b>Waffles:</b> Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour  <b>Andouille Sausage:</b> Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices, <b>OR Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke  <b>Vanilla Whipped Cream:</b> Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream, Sodium Caseinate, Skim Milk Powder, Natural Flavor, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annato Extracts  <b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p>
<p><b>Soutwestern Omelette</b>  <b>Allergen Warnings:</b> Egg, Soy, Milk</p>	<p><b>Maple Syrup, Parsley, Unsalted Butter (Waffle Only)</b></p> <p><b>Butter Flavoured Oil:</b> Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene (Colour)  <b>Cilantro Pepita Dressing:</b> Soybean Oil, Water, Tomatillo, Pepita Seeds, Cilantro, White Wine Vinegar, Egg Yolk, Sugar, Calcium Disodium EDTA, Dehydrated Red Bell Peppers, FD&amp;C Blue #1, FD&amp;C Red #40, FD&amp;C Yellow #5, Garlic, Lactic Acid, Lime Juice Concentrate, Natural Flavour. Polvsorbate 60. Salt. Sodium Benzoate. Potassium Sorbate. Spices (Mustard). Xanthan Gum  <b>Chimichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Scrambled Eggs:</b> Whole Egg, Butter Flavoured Oil (High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene)  <b>Fresh Cut Salsa:</b> Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil  <b>Multigrain:</b> Wheat Flour, Water, Brown Flax Seed, Cracked Soy, Honey, Organic Whole Grain Rye Flour, Ground Flax Seed, Organic Whole Grain Wheat Flour, Yeast, Millet Seeds, Yellow Flax Seeds, Sea Salt, Organic Whole Grain Rye Sourdough, <b>OR Sourdough:</b> Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preperation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Abscorbic Acid  <b>Brunch Potatoes:</b> Potatoes, Vegetable oil (contains one or more of the following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote colour retention), Dextrose.  <b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices  <b>Cheddar Cheese Slice:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto  <b>Onion &amp; Pepper Mix: Red Onion, Green Onions, Red Pepper, Yellow Pepper, Salt and Pepper</b>  <b>Andouille Crumble:</b> Andouille Sausage(Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices, OR Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke), Canola Oil  Butter, Salt, Pepper, Avocado</p>
<p><b>Santa Fe Burrito</b>  <b>Allergen Warnings:</b> Dairy, Wheat</p>	<p><b>Avocado Edamame Mash:</b> Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum)  <b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p><b>Butter Flavoured Oil:</b> Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene (Colour)  <b>Cheddar Cheese Slice:</b> Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto  <b>Liquid Whole Egg:</b> Whole Egg, Citric Acid  <b>Chili Avocado Aioli:</b> Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice and Calcium Disodium EDTA (Maintains Flavour), Avocado, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Cilantro, Lime Juice, Salt, White Pepper  <b>Sun Dried Tomato Tortilla:</b> Wheat flour, Water, Canola and modified palm oil shortening, Mono and diglycerides, Salt, Tomato, Baking powder, Sundried tomato (contains sulphites), Calcium propionate, Rice flour, Sugar, Fumaric acid, Sorbic acid, CMC gum, Guar gum, Potassium sorbate, Enzymes (Wheat Starch, Microcrystalline cellulose), Colour (Allura Red), L-cysteine (Vegetable Sourced)Contains Wheat, Gluten  <b>Chili Salts:</b> Salt, Red Pepper Flakes  Green Onions, Parsley, Mozzarella, Provolone</p>
<p><b>Steak and Eggs</b>  <b>Allergen Warnings:</b> Egg, Milk, Soy</p>	<p><b>Scrambled Eggs:</b> Whole Egg, Butter Flavoured Oil (High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene)  <b>Butter Flavoured Oil:</b> Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene (Colour)  <b>Multigrain:</b> Wheat Flour, Water, Brown Flax Seed, Cracked Soy, Honey, Organic Whole Grain Rye Flour, Ground Flax Seed, Organic Whole Grain Wheat Flour, Yeast, Millet Seeds, Yellow Flax Seeds, Sea Salt, Organic Whole Grain Rye Sourdough, <b>OR Sourdough:</b> Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preperation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Abscorbic Acid  <b>Garlic Butter:</b> Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Brunch Potatoes:</b> Potatoes, Vegetable oil (contains one or more of the following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote colour retention), Dextrose.  <b>Ketchup:</b> Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices  <b>Stockton Steak Spice:</b> Spices, Salt  <b>Marinated Sirloin Steak:</b> Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p>

	Parsley, Canola oil, Butter
<b>Side Brunch Potatoes</b> <b>Allergen Warnings: Soy, Milk</b>	<b>Chimmichurri Butter:</b> Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2) <b>Nola Cajun Spice:</b> Spices (Including Paprika for Colour), Salt, Garlic, Onion <b>Chopped Parsley</b>
<b>Side/Sub Fruit Salad</b>	<b>Cane Syrup:</b> Sugar, Water <b>Fruit Salad Mix:</b> Blueberries, Strawberries, Pineapple
<b>Side Double Smoked Bacon</b>	<b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke
<b>Side Vegan Sausage</b> <b>Allergen Warning: Wheat</b>	<b>Smoked Apple Sage Sausage:</b> Vital Wheat Gluten, Expeller Pressed Safflower Oil, Non-Sulphured Dried Apples, Yukon Gold Potatoes, Yeast Extract, Granulated Sugar, Pea Protein, Onion Powder, Barley Malt, Garlic, Natural Hickory Smoke Flavour with Torula Yeast, Spices, Cultured Cane Sugar, Vinegar, Sea Salt, Rubbed Sage, Vitamins and Minerals (Potassium Chloride, L-Lysine Monohydrochloride, Niacinamide, Reduced Iron, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Cyanocobalamin)
<b>Side Andouille Sausage</b>	<b>Andouille Sausage:</b> Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices

**Lunch - November 2025**

<p><b>The "M" Bowl- Chicken</b>  <b>Allergen Warnings:</b> Milk, Sulphites, Soy, Wheat</p>	<p><b>Chicken Breast:</b> Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid  <b>Garlic Butter:</b> Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Indian Spiced Basmati Rice:</b> Short grain rice, <b>Spices:</b> Salt, cinnamon, cardamom, clove  <b>Spiced Tomato Sauce:</b> Mother Sauce (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Salt, Citric Acid, Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Garlic, Parsley, Salt.  <b>Heritage Spring Mix:</b> Crisphead Lettuce, Red Leaf Lettuce  <b>Lemon Vinaigrette Dressing:</b> Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzonate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xantham Gum  <b>Roasted Mushrooms:</b> Portobello Mushrooms, Button Mushrooms, Canola Oil, Rosemary, Thyme, Chili Flakes, Black Pepper.  <b>Grilled Pineapple:</b> Pineapple, Salt, Black Pepper, Canola Oil  <b>Mediterranean Salad:</b> Chick Peas, Quinoa, Lemon Vinaigrette Dressing [Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), honey, salt], Chili Salts (Salt, Red Chili Flakes), Gremolata (Parsley, Lemon Zest), Cholula Hot Sauce (Water, Peppers (Arbol/Piquin), Salt, Vinegar, Garlic Powder, Spices, Xanthan Gum)  <b>Fresh Cut Salsa:</b> Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil  <b>Crispy Leeks:</b> Leeks, Corn Starch  <b>Gremolata:</b> Parsley, Lemon  <b>Grape Tomatoes, Avocado, Salt, Pepper</b></p>
<p><b>The "M" Bowl - Crispy Tofu</b>  <b>Allergen Warnings:</b> Milk, Sulphites, Soy. May Contain Wheat</p>	<p><b>Tofu</b> (Water, Soybeans (Non-GMO), Magnesium Chloride, Calcium Sulphate), <b>Chili Salts:</b> Salt, Red Pepper Flakes  <b>Indian Spiced Basmati Rice:</b> Short grain rice, <b>Spices:</b> Salt, cinnamon, cardamom, clove  <b>Spiced Tomato Sauce:</b> Mother Sauce (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Salt, Citric Acid, Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Garlic, Parsley, Salt.  <b>Heritage Spring Mix:</b> Crisphead Lettuce, Red Leaf Lettuce  <b>Lemon Vinaigrette Dressing:</b> Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzonate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xantham Gum  <b>Roasted Mushrooms:</b> Portobello Mushrooms, Button Mushrooms, Canola Oil, Rosemary, Thyme, Chili Flakes, Black Pepper.  <b>Grilled Pineapple:</b> Pineapple, Salt, Black Pepper, Canola Oil  <b>Mediterranean Salad:</b> Chick Peas, Quinoa, Lemon Vinaigrette Dressing [Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), honey, salt], Chili Salts (Salt, Red Chili Flakes), Gremolata (Parsley, Lemon Zest), Cholula Hot Sauce (Water, Peppers (Arbol/Piquin), Salt, Vinegar, Garlic Powder, Spices, Xanthan Gum)  <b>Fresh Cut Salsa:</b> Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil  <b>Crispy Leeks:</b> Leeks, Corn Starch  <b>Gremolata:</b> Parsley, Lemon  <b>Grape Tomatoes, Avocado, Salt, Pepper</b></p>
<p><b>Chicken Club Trio</b>  <b>Allergen Warnings:</b> Milk, Sulphites, Nuts, Wheat, Mustard. May Contain Tree Nuts, Soy, Sesame, Peanuts</p>	<p><b>Chicken Fillets: Garlic Oil Blend:</b> Roasted Garlic Oil (Garlic, Canola Oil), <b>White Balsamic Vinegar</b> (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), <b>Sriracha</b> (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), <b>Dijon Mustard</b> (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), <b>Pineapple juice</b> (Ascorbic acid, Viamin C, E, and A, <b>Stockton Street Spice</b> (salt, black pepper, Szechuan peppercorn, pink peppercorn, Tellicherry peppercorn, white pepper))  <b>Garlic Butter:</b> Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)  <b>Balsamic Reduction:</b> Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum  <b>Smoked Bacon:</b> Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke  <b>Scallion Wasabi Aioli:</b> Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Chives, Sodium Citrate, Bacterial Culture, Microbial Enzyme, Cilantro, Wasabi Paste (Horseradish, Sulphites), Salt, Black Pepper, Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lime Juice, Garlic Clove, Scallions, Rice Wine Vinegar.  <b>Schiacciata Bread:</b> Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast  <b>Heritage Spring Mix:</b> Crisphead Lettuce, Red Leaf Lettuce  <b>Poppy Seed Goat Cheese:</b> Goat Cheese (Pasteurized Goat Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate), Poppy Seeds  <b>Praline Spiced Pecans:</b> Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt  <b>Honey Mustard Vinaigrette:</b> Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites)), Canola Oil, Red Wine Vinegar (May Contain Sulphites), Salt, Honey, Black Pepper, Poppy Seed  <b>Vegan Roasted Mushroom Soup:</b> Reconstituted Vegetable Stock [Water, Vegetable Stock Concentrate [Vegetable Juice (Tomato, Mushroom, Onion, Carrot, Celery)], Sugar, Maltodextrin, Salt, Yeast Extract]], Button Mushroom, Portobello Mushroom, White Onion, Celery, White Wine (Sulphites), Potato, Olive Oil, Canola Oil, Margarine [Vegetable Oil (Canola Oil, Modified Palm And Palm Kernel Oils), Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour (Annatto And Turmeric), Vitamin A Palmitate, Vitamin D2], Cholula Hot Sauce [Water, Peppers (Arbol And Piquin), Salt, Vinegar, Spices, Xanthan Gum], Salt, Black Pepper, Parsley, Dried Bay Leaf, Frozen Thyme  <b>Basil Oil:</b> Olive Oil, Canola Oil, Salt, Basil  <b>Salt, Pepper, Mozzarella Cheese, Provolone Cheese, Lettuce, Tomato, Red Onion, Avocado, Strawberries, Spinach, Red Onion, Parsley</b></p>