RUMBLETUM CAFÉ
breakfast

Breakfast served everyday from 8:00 am to 11:00 am.

GRILLED EGG SANDWICH — $7.95

served on a bagel of your choice with cheddar cheese, greens, homemade peach tomato salsa mayo and your choice of:

- farmer's sausage .
- bacon
- peameal bacon
- avocado

BAGELS — $1.75 - $3.25

local, organic Grain Harvest Bakery bagel served with your choice of:

- plain cream cheese
- herb & garlic cream cheese
- natural peanut butter
- homemade strawberry jam

GRANOLA PARFAIT — $5.50

homemade granola layered between plain greek yogurt & mixed berry sauce.

RUMBLETUM CAFÉ
lunch

Lunch served everyday from 11:00 am to 2:30 pm.

GRILLED SANDWICHES

whole $8.50
half $4.25

Made to order.
Served on local, preservative-free, seven grain bread from Grain Harvest Bakery. Lightly brushed with olive oil & garlic, and lightly grilled.

- **The Veg-e**
  havarti cheese, red onions, mushrooms, avocado, red peppers, alfalfa sprouts, topped with sweet poppy seed dressing
- **The Melt**
  swiss cheese, tuna salad, alfalfa sprouts
- **The Turk-e**
  cheddar cheese, preservative-free smoked turkey breast, red onions, red peppers, alfalfa sprouts, topped with zesty Italian dressing
- **The Ham-e**
  swiss cheese, preservative-free black forest ham, mushrooms, red peppers, topped with dijon honey mustard
- **The Cheese-e** — whole $6.95 / half $3.50
  real cheddar grilled cheese toasted to perfection
- **The B.L.T.** — whole $9.50 / half $4.75
  bacon, lightly dressed mixed greens, tomato, basil mayo

SPRING SALAD

large $8.50
side $4.50

mixed greens, mushrooms, real bacon bits, tossed with a creamy homemade dressing

CHICK SALAD

large $10.50

mixed greens, toasted noodles, sweet mandarins, grilled chicken, tossed with homemade sweet vinaigrette dressing

Ask about our Soup of the Day

Our selection of homemade soups are available October – May.

RUMBLETUM CAFÉ
baked goods

Freshly baked desserts served all day.
Some of our desserts are seasonal - ask us about what's available today!

COOKIES — $1.25 - $2.50

- chocolate chip
- iced pumpkin raisin
- oatmeal raisin pumpkin seed

SCONES — $3.50

sweet

- cranberry orange
- lemon blueberry
- strawberry vanilla
- cranberry orange
- peach almond

savoury

- sausage cheddar

TARTS — $1.75

- almond

CAKES — $3.25

- pineapple banana

SQAURES & BARS — $2.50

- lemon crumb bar
- chocolate raspberry crumb bar
- date square

RUMBLETUM CAFÉ
drinks

COFFEE $2.50
Planet Bean Certified Fairtrade & Organic

LATTE $3.50
espresso with steamed milk

CAPPUCCINO $3.50
espresso with foamed milk

CAFE AU LAIT $3.00
coffee with steamed milk

MOCHACCINO $4.50
hot chocolate & two shots of espresso topped with real whipped cream

HOT CHOCOLATE $3.75
steamed chocolate syrup topped with real whipped cream

STEAMER $3.25
steamed milk with two shots of vanilla, topped with whipped cream

CHAI LATTE $3.50
steamed milk with tiger spice chai mix

LONDON FOG $3.50
earl grey tea steamed with milk and two shots of vanilla

CAFFEINATED TEA $2.25
fairtrade & organic

- earl grey
- english breakfast
- maple spice
- jasmine green
- china green
- blueberry
- strawberry

HERBAL TEA $2.25
fairtrade & organic

- rooibos chai
- rooibos vanilla
- ginger cinnamon
- mint

SMOOTHIES $5.50
made with 100% fruit juice, plain yogurt and fruit

- mango
- berry banana

FLAVOURS $.50

- english toffee
- hazelnut
- caramel
- vanilla

EXTRAS $.75

- almond milk
- extra whipped cream