

All Day Breakfast & Lunch Menu

NEW! KITCHEN is now OPEN until 7:30 PM Mon-Sat, & 5:30 PM Sundays!

KITCHEN HOURS

Hot toasted breakfast sandwiches, & oven-baked lunch melts, made to order!

NEW! Monday – Saturday: 8 AM – 7:30 PM

NEW! Sunday: 9 AM – 5:30 PM

ALLERGY ALERT! We use LOTS of NUTS and nut flours in our facility. Please inform us of any allergies you may have prior to ordering. Your safety is our top concern.

TOASTED BREAKFAST SANDWICHES

ALL SERVED ON OUR FRESH, HOMEMADE GLUTEN-FREE/DAIRY-FREE BAGEL!

Prep times vary between 5 to 7 minutes.

CREAM CHEESE VEGGIE SANDWICH

CREAM CHEESE*, ORGANIC SPINACH, TOMATOES, RED ONION, CUCUMBER... 7.25

→ *CHOOSE: PLAIN or FRESH DILL & GARLIC or SUNDRIED TOMATO CREAM CHEESE

→ ADD ONS: HAM +3 TURKEY +3 AVOCADO +2 EGG +2

→ SUB DAIYA DAIRY-FREE/VEGAN SOY-FREE CHIVE & GARLIC CREAM CHEESE +0.75

VEGAN CREAM CHEESE VEGGIE SANDWICH

VEGAN BAGEL, with DAIYA SOY-FREE ONION & CHIVE VEGAN CREAM CHEESE, SPINACH, TOMATOES, RED ONION, CUCUMBER... 8.00

→ ADD ONS: AVOCADO +2

THE “A. B.” EGG’R!

DELI-STYLE HAM, FRESH-CRACKED SCRAMBLED EGG, AGED WHITE CHEDDAR, SPINACH, TOMATO, ON A TOASTED, BUTTERED BAGEL... 9.50

Dairy-free option available.

→ ADD ONS: DOUBLE HAM +3 TURKEY +3 AVOCADO +2 EGG +2

→ SUB DAIYA DAIRY-FREE/VEGAN SOY-FREE CHEDDAR or MOZZARELLA... +0.75

VEGETARIAN EGG-TASTIC!

FRESH-CRACKED SCRAMBLED EGG, PESTO, AGED WHITE CHEDDAR, SPINACH, TOMATO, ON A TOASTED, BUTTERED BAGEL... 8.50

Dairy-free option available.

→ ADD ONS: HAM +3 TURKEY +3 AVOCADO +2 EGG +2

→ SUB DAIYA DAIRY-FREE/VEGAN SOY-FREE CHEDDAR or MOZZARELLA... +0.75

“DAVE’S FAVE” PROTEIN PACKER!

DELI-STYLE TURKEY, FRESH-CRACKED SCRAMBLED EGG, MELTED AGED WHITE CHEDDAR, SPINACH, ON A TOASTED, BUTTERED BAGEL... 9.75

Calories: 601 | Protein: 42g | Carbs: 48g | Fat: 27g *Dairy-free option available.*

→ ADD ONS: HAM +3 TURKEY +3 AVOCADO +2 EGG +2

→ SUB DAIYA DAIRY-FREE/VEGAN SOY-FREE CHEDDAR or MOZZARELLA... +0.75

TOASTED BAGELS

CHOOSE OUR CLASSIC PLAIN BAGEL or VEGAN SESAME BAGEL

EARTH BALANCE SOY-FREE VEGAN BUTTER... 3.75

BUTTER... 3.75

CREAM CHEESE ... 5.25

→ Flavors: PLAIN or FRESH DILL & GARLIC or SUNDRIED TOMATO (SULFITE-FREE)

VEGAN ONION & CHIVE CREAM CHEESE... 5.75

ALL-NATURAL ALMOND BUTTER (on side)... 4.75

HOMEMADE BERRY JAM ... 4.75

AGED WHITE BALDERSON CHEDDAR & FRESH DILL... 5.25

VEGAN CHEDDAR & FRESH DILL... 5.75

→ SUB DAIRY-FREE/VEGAN SOY-FREE CHEDDAR or MOZZARELLA ON ANY BAGEL ... +0.75

GRILLED MELTS

ALL SERVED ON OUR FRESH, HOMEMADE GLUTEN-FREE/DAIRY-FREE BAGEL!

Prep times vary between 8-12 minutes.

VEGAN AVOCADO MELT

GRILLED AVOCADO & SPINACH MELT, WITH VEGAN MOZZARELLA, TOMATO, AND PESTO. SERVED ON OUR HOMEMADE VEGAN BAGEL ... 9.50

THE “GFT” TURKEY PESTO CHEDDAR MELT

DELI-STYLE TURKEY, AGED WHITE CHEDDAR, BASIL PESTO, TOMATO, SPINACH... 9.50 *Dairy-free option available. Vegan/egg-free bagel available.*

→ ADD ONS: HAM +3 DOUBLE TURKEY +3 AVOCADO +2 EGG +2

→ SUB DAIYA DAIRY-FREE/VEGAN SOY-FREE CHEDDAR or MOZZARELLA... +0.75

HARBORD MELT TURKEY APPLE CHEDDAR MELT

GRILLED DELI-STYLE TURKEY BAGEL MELT, with APPLES, & AGED WHITE CHEDDAR*. SERVED WITH OUR HOMEMADE HONEY MUSTARD DIPPING SAUCE... 9.50

Dairy-free option available. Vegan/egg-free bagel available.

→ ADD ONS: HAM +3 DOUBLE TURKEY +3 AVOCADO +2 EGG +2

→ SUB DAIYA DAIRY-FREE/VEGAN SOY-FREE CHEDDAR or MOZZARELLA ... +0.75

CLASSIC HAM & CHEDDAR MELT

GRILLED DELI-STYLE HAM AND AGED WHITE CHEDDAR* BAGEL MELT. SERVED WITH OUR HOMEMADE HONEY MUSTARD DIPPING SAUCE ON THE SIDE ... 9.50

Dairy-free option available. Vegan/egg-free bagel available.

→ ADD ONS: DOUBLE HAM +3 TURKEY +3 AVOCADO +2 EGG +2

→ SUB DAIYA DAIRY-FREE/VEGAN SOY-FREE CHEDDAR or MOZZARELLA ... +0.75

PIZZA BAGEL!

Dairy-free option available. Vegan/egg-free bagel available.

MARINARA, SAUCE, MELTED AGED CHEDDAR, GRILLED.

IT'S THE WHOLE BAGEL, SERVED OPEN-FACED.

PEPPERONI PIZZA BAGEL ... 10.00

VEGAN PIZZA BAGEL! SOY-FREE DAIYA MOZZARELLA, VEGAN BAGEL ... 11.00

MARGHERITA PIZZA BAGEL VEGETARIAN PIZZA... 9.75

→ SUB DAIYA DAIRY-FREE/VEGAN SOY-FREE MOZZARELLA on any pizza... +0.75

HEADS UP! We use only SULFITE-FREE / GLUTEN-FREE “Free-From” deli meats, spreads, & ingredients, that contain **NO ARTIFICIAL PRESERVATIVES.**

Order Ahead for TAKEOUT:

Use the APP, earn REWARDS!

RITUAL skip the line & earn free eats

... or CALL ahead

(416) 792-7994

... OR.. get us
DELIVERED on
UberEATS!

www.ubereats.com

Select items available.



UBER
EATS

Flip over for more awesome stuff! ☺

ESPRESSO & COFFEE

All **REGULAR**-sized BEVERAGES are made with **2 SHOTS** of ESPRESSO.
LARGE-sized BEVERAGES get **4 SHOTS**!!

DRIP COFFEE... 2.25 / 2.50 / 3.00 → *tax included*
DOUBLE ESPRESSO ... 2.85
AMERICANO... 3.25 / 3.75 *available iced*
LONG BLACK... 3.25
AMERICANO MISTO... 3.95 / 4.75 *available iced*
MACCHIATO... 3.50
LATTE... 3.95 / 4.75 *available iced*
CAPPUCCINO... 3.95 3 shots / 4.50 *available iced*
CORTADO... 3.50
FLAT WHITE... 3.50
NEW! **TURMERIC LATTE**... 4.50 *available iced*
NEW! **BEET ROOT LATTE**... 4.50 *available iced*
VANILLA LATTE... 4.50 / 5.25 *available iced*
MOCHA... 4.50 / 5.25 *available iced*
HOT CHOCOLATE... 3.75 / 4.50 *available iced*

ALMOND, SOY, COCONUT, or **LACTOSE-FREE** milk available! ... + 0.50

FLAVOR SHOTS! Add a shot of organic **Orange, Peppermint, or Almond** extract to your beverage! ... FREE

WE MAKE ALL OF OUR FLAVORED SYRUPS IN-HOUSE,
FROM SCRATCH!

TEAS & BEVERAGES

TEA LATTE

CHAI LATTE (made with syrup)... 3.95 / 4.75 *available iced*
“DIRTY CHAI”... add +0.50 for 2 shots of espresso!
CHAI TEA LATTE (made with tea bag)... 3.95 / 4.75
LONDON FOG ... 3.95 / 4.75
TEA LATTE (ANY LOOSE LEAF TEA)... 3.95 / 4.75
MATCHA LATTE... 4.50 / 5.25 *available iced*

LOOSE LEAF TEAS

HERBAL: PEPPERMINT, GINGER MANGO, CHAMOMILE, LA SUBLIME... 3.00
BLACK: SPICY CHAI, EARL GREY, ENGLISH BREAKFAST, ONE NIGHT IN RIO,
CHAI ORANGE EXPRESS, CHAI CAMELLIA, CHOCO SHOU... 3.00
RED: ROOIBOS CREAMSICLE... 3.00
GREEN: JASMINE, ORGANIC CHINA SENCHA, MIMOSA FRAMBOISE... 3.00

COLD-PRESSED JUICE REVITALIZE!

DAILY PRESS JUICERY ... 11.00

TONICA KOMBUCHA REJUVENATE!

GINGER / BLUEBERRY ... 3.95

WATER REHYDRATE!

ESKA SPARKLING (Glass bottle) ... 2.75
ESKA FLAT WATER (Glass bottle)... 2.00

TROPICANA

BOTTLED ORANGE JUICE... 3.25

ZEVIA ALL-NATURAL, STEVIA-SWEETENED COLA SUGAR-FREE!

DARK CHERRY or GINGER ROOT BEER (Can)... 3.00

DAILY FRESH-BAKED GOODS

Available **ALL** day, while quantities last!

AVAILABLE IN-STORE DAILY:

MUFFINS (Flavors rotate daily)... 4.00
BAGELS... 3.00 *avail. for pre-order**
VEGAN BREAKFAST COOKIE... 3.95 *avail. for pre-order**
ALMOND FLOUR PECAN COOKIE... 3.95 *avail. for pre-order**
COOKIES! (FLAVORS ROTATE DAILY)... 3.50 to 3.95 *avail. for pre-order**
CUPCAKES* ... 3.95 EA. *avail. for pre-order**

*A wide variety of dairy-free and vegan cupcakes are available each day.

Available (almost 😊) everyday in-store: ... Call ahead to be sure

CINNAMON BUNS... 5.50 *Typically available Fri/Sat/Sun*
PALEO MUFFINS... 4.25 *avail. for pre-order**
PALEO LAVA CAKE... 5.00 *avail. for pre-order**
VEGAN & PALEO COCONUT BITE... 2.25
VEGAN OAT / DATE SQUARE... 4.00 *avail. for pre-order**
PEANUT BUTTER BROWNIE... 4.00 *avail. for pre-order**

SAVE 13%! No tax on 6-or-MORE baked goods!

PRE-ORDER YOUR FAVOURITE TREATS! 😊

Full pre-order menu: www.almond-butterfly.com

1-2 business days needed for most items.

Minimum qty. 6 per treat. Call (416) 792-7994 to order.

Cafe & Bakeshop Hours

MONDAY to SATURDAY... **8 AM – 8 PM**

SUNDAY ... **9 AM – 6 PM**

Almond Butterfly Cafe & Bakeshop

Yes! It's **ALL** gluten-free. 😊

FRESH & MADE FROM SCRATCH

We're located at **100 Harbord Street.**

Just West of Spadina, near U of T.

(416) 792-7994

Follow us on **Instagram** to check out all of our Daily Features!

@almond-butterfly-bakeshop

Please enjoy our **Free Guest Wifi!**

SSID: Almond Butterfly Guest | PW: (Check our menu board)

Menu & pricing subject to change without notice.

Flip over for more awesome stuff! ☺