

# ★ Gluten-Free Breakfast & Lunch Menu ★

Available until 3 PM each day! 😊

## BREAKFAST & LUNCH MENU HOURS

Hot toasted breakfast sandwiches, & grilled lunch melts, made to order!

Monday – Saturday: **9 AM – 3 PM**

Sunday: **10 AM – 3 PM**

**ALLERGY ALERT!** We use a lot 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!

**Available OPEN until 3 PM.** 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! *Available until 3 PM*

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! *Available until 3 PM*

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

## ALL-DAY TOASTED BAGELS

**Available ALL DAY.** Spreads are served on the side after 3 PM.

EARTH BALANCE SOY-FREE VEGAN BUTTER... 3.75

**NEW!** **VEGAN BAGEL AVAILABLE!** Please request one when placing your order.

BUTTER... 3.75

CREAM CHEESE ... 5.25

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

**NEW!** **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

**NEW!** **VEGAN CHEDDAR & FRESH DILL**... 5.75

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

## GRILLED LUNCH MELTS

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

**Available OPEN until 3 PM.** Prep times vary between 8-12 minutes.

**NEW!** **VEGAN AVOCADO MELT** *Available until 3 PM*

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

**THE “GFT” TURKEY PESTO CHEDDAR MELT** *Available until 3 PM*

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 Available until 3 PM*

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** *Available until 3 PM*

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** *Available until 3 PM*

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

MARINARA, SAUCE, MELTED AGED CHEDDAR, GRILLED. WHOLE BAGEL, 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.**

In a rush??

**CALL AHEAD FOR  
TAKEOUT!**

(416) 792-7994

CURBSIDE TAKEOUT ALSO AVAILABLE!

We'll run your order out to you! (credit/debit only)



UBER  
EATS

...or get us

**DELIVERED** on

**UberEATS!**

www.ubereats.com

Select items available.

## ESPRESSO & COFFEE

ALL REG. BEVERAGES are made with 2 SHOTS of ESPRESSO. LRG. With 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*

Add organic **Orange, Peppermint, or Almond** extract to your beverage! ... FREE

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

WE USE ONLY SYRUPS WITH **NO PRESERVATIVES**  
or **ARTIFICIAL FLAVOURINGS!**

## TEAS & BEVERAGES

### TEA LATTE

CHAI LATTE ... 3.95 / 4.75 *available iced*

“DIRTY CHAI”... add +0.50 for 2 shots of espresso!

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! It's great, try it.*

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

## DAILY FRESH-BAKED GOODS

### 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)... 3.00 to 3.75 *avail. for pre-order\**

CUPCAKES\* ... 3.95 EA. *avail. for pre-order\**

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

**Available (almost ☺) every day 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 ea.

VEGAN PEANUT BUTTER CUPS... 2.25 ea.

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.almondbutterfly.com](http://www.almondbutterfly.com)

1-2 business days needed for most items.

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

## CAFÉ & BAKESHOP HOURS

MONDAY to FRIDAY... 9 AM – 8 PM

SATURDAY ... 9 AM – 6 PM

SUNDAY ... 10 AM – 5 PM

**Almond Butterfly Cafe & Bakeshop**

**Yes! It's ALL gluten-free.** ☺

Always made fresh, from our own recipes, on-site!

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!

**@almondbutterflybakeshop**

Please enjoy our **Free Guest Wifi!**

SSID: Almond Butterfly Guest | PW: glutenfree

Menu & pricing subject to change without notice.