

# ★ Almond Butterfly Menu ★

Yes! It's **ALL GLUTEN-FREE!!** 😊 ... & made fresh, *right here!*

MOST ITEMS ARE **DAIRY-FREE**. A LOT ARE **VEGAN**. SOME ARE **PALEO**. LET US KNOW WHAT YOU'RE LOOKING FOR SO THAT WE CAN BETTER ASSIST YOU.

## KITCHEN 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 BAGEL!

**Available until 3 PM.** Prep times vary between 5 to 7 minutes.

### CREAM CHEESE VEGGIE SANDWICH Available until 3 PM

CREAM CHEESE\*, ORGANIC SPINACH, TOMATOES, RED ONION, CUCUMBER... 7.25  
ADD HAM, SALAMI, or TURKEY... +3.00

→ Flavors: **PLAIN** or **FRESH DILL & GARLIC** or **SUNDRIED TOMATO** (SULFITE-FREE)  
→ SUB DAIYA **DAIRY-FREE/VEGAN** SOY-FREE CHIVE & GARLIC CREAM CHEESE... +0.75

### NEW! VEGAN CREAM CHEESE VEGGIE SANDWICH Available until 3 PM

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

### THE A.B. EGG'R! Available until 3 PM

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

**EXTRA EGG...** +2.00 **DOUBLE-MEAT...** +3.00 **Dairy-free option available.**  
→ 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.**

**EXTRA EGG...** +2.00 **ADD HAM, SALAMI, or TURKEY...** +3.00  
→ 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.**  
→ 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 Available all day

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

BUTTER... 3.75 Available all day

CREAM CHEESE ... 5.25 Available all day

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

NEW! **VEGAN ONION & CHIVE CREAM CHEESE...** 5.75 Available all day

ALL-NATURAL ALMOND BUTTER (on side)... 4.75 Available all day

HOMEMADE BERRY JAM ... 4.75 Available all day

AGED WHITE BALDERSON CHEDDAR & FRESH DILL... 5.25 Available all day

NEW! **VEGAN CHEDDAR & FRESH DILL...** 5.75 Available all day

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

## LUNCH SANDWICHES

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

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

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

### SALAMI & SUNDRIED TOMATO SANDWICH Available until 3 PM

DELI STYLE SALAMI, HOUSEMADE SUNDRIED TOMATO CREAM CHEESE\*, RED ONION,  
FRESH SPINACH, ON OUR FRESH **UNTOASTED** BAGEL (OR TOASTED) ... 9.50

**Dairy-free option available. Vegan/egg-free bagel available.**  
→ SUB DAIYA **DAIRY-FREE/VEGAN** SOY-FREE CHIVE & GARLIC CREAM CHEESE... +0.75

### NEW! PIZZA BAGEL Available until 3 PM

MARINARA, SAUCE, MELTED AGED CHEDDAR, GRILLED. WHOLE BAGEL, OPEN-FACED.

**MEATZA PIZZA!** HAM, SALAMI, PEPPERONI... 11.50

**PEPPERONI** ... 10.00

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

**MARGHERITA** VEGETARIAN PIZZA... 9.75

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

→ 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, 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*  
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 / 5.25 *available iced*  
NEW! **BEET ROOT LATTE**... 4.50 / 5.25 *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-FREE** milk available! ... + 0.50

ALL SYRUPS ARE MADE IN-HOUSE, WITH **NO PRESERVATIVES**  
or **ARTIFICIAL FLAVOURINGS!!** All-natural, all the way.

## TEAS & BEVERAGES

### TEA LATTE

CHAI LATTE (SWEETENED WITH HONEY)... 3.95 / 4.75 *available iced*  
“DIRTY CHAI”... add +0.50 for 2 shots of espresso!  
LONDON FOG (with homemade vanilla syrup) ... 3.95 / 4.75  
TEA LATTE... 3.95 / 4.75  
**MATCHA LATTE**... 3.95 / 4.75 *available iced*

**HOT APPLE CIDER** LOCAL & ORGANIC ... 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\**  
**Dairy-Free PUMPKIN PIE!** ... 35.00 9", 8-9 servings, *pre-order only*  
**Vegan APPLE PIE!** ... 35.00 9", 8-9 servings, *pre-order only*

**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.