

Almond Butterfly Menu

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

MOST BAKED GOODS ARE DAIRY-FREE. SOME ARE VEGAN. LET US KNOW WHAT YOU'RE LOOKING FOR SO THAT WE CAN BETTER ASSIST YOU.

Kitchen Hours

Monday - Saturday... 10 AM – 5:30 PM

Sunday . . . 11 AM – 4:30 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 BAGELS

EARTH BALANCE SOY-FREE VEGAN BUTTER... 3.75

BUTTER... 3.75

CREAM CHEESE ... 5.25

Choose a flavor of cream cheese (all made in-house):

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

ALL-NATURAL ALMOND BUTTER... 4.75

HOMEMADE BERRY JAM ... 4.75

AGED WHITE BALDERSON CHEDDAR & FRESH DILL... 5.25

ALL-DAY BREAKFAST SANDWICHES

ALL SERVED ON OUR FRESH, HOMEMADE BAGEL

Prep times vary between 5 to 7 minutes.

CREAM CHEESE VEGGIE SANDWICH*

CREAM CHEESE, TOPPED with ORGANIC SPINACH, TOMATOES, RED ONION, & CUCUMBER... 7.25

*Choose a cream cheese (all made in-house):

PLAIN or **SULFITE-FREE SUNDRIED TOMATO** or **FRESH DILL & GARLIC**

THE A.B. EGG'R!

DELI-STYLE HAM, EGG, AGED WHITE CHEDDAR, SPINACH, & TOMATO, ON A TOASTED, BUTTERED BAGEL... 8.50

EXTRA EGG... add 1.00 DOUBLE-MEAT... add 1.00

Dairy-free option available.

VEGETARIAN EGG-TASTIC!

EGG, PESTO*, AGED WHITE CHEDDAR, SPINACH, & TOMATO, ON A TOASTED, BUTTERED BAGEL... 7.50

EXTRA EGG... 1.00 ADD HAM, SALAMI, or TURKEY... 1.00

Dairy-free option available. *Pesto contains pine nuts & cheese.

“DAVE'S FAVE” **PROTEIN PACKER!** HUNGRY??

TWO EGGS, DELI-STYLE TURKEY, MELTED AGED WHITE CHEDDAR, SPINACH, ON A TOASTED, BUTTERED BAGEL... 9.75

Calories: 601 | Protein: 42g | Carbs: 48g | Fat: 27g

Dairy-free option available.

Prep-times vary, depending on volume. In a rush?

CALL AHEAD FOR TAKEOUT! (416) 792-7994

LUNCH SANDWICHES

ALL SERVED ON OUR FRESH, HOMEMADE BAGEL

Prep times for **grilled** sandwiches vary between 8-12 minutes. Ungrilled: 4-6 mins.

SALAMI & SUNDRIED TOMATO SANDWICH

DELI STYLE SALAMI STACKED **THICK**, HOUSEMADE SUNDRIED TOMATO CREAM CHEESE, RED ONION, FRESH SPINACH, ON OUR FRESH **UNTOASTED** GLUTEN-FREE BAGEL. ... 8.50

ROAST BEEF SANDWICH

DELI-STYLE ROAST BEEF, HOUSEMADE GARLIC & DILL CREAM CHEESE, FRESH CUCUMBER, RED ONION, SALT & PEPPER, ON OUR FRESH **UNTOASTED** GLUTEN-FREE BAGEL... 8.50

THE “GFT” *TURKEY PESTO CHEDDAR MELT*

DELI-STYLE TURKEY, AGED WHITE CHEDDAR, BASIL PESTO*, TOMATO, AND SPINACH WITH LIGHT VINAIGRETTE... 8.50

Please let us know: **GRILLED OR UNGRILLED** (faster)?

Dairy-free option available. *Regular pesto contains pine nuts & cheese.

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... 8.50

CLASSIC HAM & CHEDDAR MELT

GRILLED DELI-STYLE HAM AND AGED WHITE CHEDDAR BAGEL MELT. SERVED WITH OUR HOMEMADE HONEY MUSTARD DIPPING SAUCE... 8.00

HAWAIIAN *HAM & PINEAPPLE CHEDDAR MELT*

GRILLED DELI-STYLE HAM AND AGED WHITE CHEDDAR BAGEL MELT, with FRESH PINEAPPLE. SERVED WITH OUR HOMEMADE HONEY MUSTARD DIPPING SAUCE... 8.50

Heads-up! We use only sulfite-free / gluten-free deli meats, that contain no artificial preservatives.

SALADS

HARVEST SPINACH SALAD

SPINACH, AGED WHITE CHEDDAR, APPLES, PUMPKIN SEEDS, DRIED CRANBERRIES, SLIVERED ALMONDS, MAPLE APPLE CIDER VINAIGRETTE... 8.00

Get us **DELIVERED** on **UberEATS!** 😊



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ESPRESSO

ALL REG. BEVERAGES are made with 2 SHOTS of ESPRESSO.
LRG. BEVERAGES are made with 4 SHOTS of ESPRESSO! ☺

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
VANILLA LATTE... 4.50 / 5.25 *available iced*
MOCHA... 4.50 / 5.25 *available iced*
Add Orange, Peppermint, or Almond organic extract to your mocha! No extra charge.
HOT CHOCOLATE... 3.75 / 4.50 *available iced*

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

ALL SYRUPS ARE MADE IN-HOUSE, AND ARE FREE OF PRESERVATIVES & ARTIFICIAL FLAVOURINGS.

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 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, KEEMUN OP,
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

GINGER / BLUEBERRY ... 3.95

DELUGE LOCAL ONTARIO WATER

SODIUM-FREE SPARKLING WATER ... 2.75
FLAT MINERAL WATER... 2.00

TROPICANA

BOTTLED ORANGE JUICE... 3.25

DAILY FRESH-BAKED GOODS

AVAILABLE IN-STORE DAILY:

MUFFINS (Flavors rotate daily)... 4.00
PALEO MUFFINS... 4.25
BAGELS... 3.00
VEGAN BAGELS... 3.00
VEGAN BREAKFAST COOKIE... 3.75
ALMOND FLOUR PECAN COOKIE... 3.75
ASSORTED COOKIES (FLAVORS ROTATE DAILY)... 3.00 to 3.75
CUPCAKES* ... 3.95 EA / 22.50 for 6 / 42.00 per dz.

*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... 4.50
PALEO LAVA CAKE... 5.00
VEGAN & PALEO COCONUT BITE... 2.00 ea. *or* 3 for \$5
VEGAN PEANUT BUTTER CUPS... 2.00 ea.
VEGAN OAT / DATE SQUARE... 4.00
PEANUT BUTTER BROWNIE... 4.00

SAVE 13%! No tax on 6 or more baked goods!

PRE-ORDER YOUR FAVOURITE TREATS! ☺

Full pre-order menu: www.almondbutterfly.com

2-3 business days needed for pre-orders.

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

SHOP HOURS

MONDAY to SATURDAY... 10 AM – 6 PM

SUNDAY ... 11 AM – 5 PM

Almond Butterfly Bake Shop & Espresso

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

Prices subject to change without notice.