

# 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

Toasted bagels, hot breakfast & grilled lunch sandwiches, and fresh salads...

Monday – Saturday: 10 AM – 3 PM

Sunday: 11 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 BAGELS

Available until 3 PM Mon-Sun.

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

## TOASTED BREAKFAST SANDWICHES

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

Available until 3 PM Mon-Sun. Prep times vary between 5 to 7 minutes.

## CREAM CHEESE VEGGIE SANDWICH

CREAM CHEESE, TOPPED with ORGANIC SPINACH, TOMATOES, RED ONION, CUCUMBER, & SALT & PEPPER... 7.25 **PROMO: Sm. drip coffee included!**

**ADD HAM, SALAMI, or TURKEY... +3.00**

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

**PROMO: Sm. drip coffee included!**

**EXTRA EGG... +2.00 DOUBLE-MEAT... +3.00**

*Dairy-free option available.*

## VEGETARIAN EGG-TASTIC!

FRESH-CRACKED SCRAMBLED EGG, PESTO, AGED WHITE CHEDDAR, SPINACH with LIGHT VINAIGRETTE, TOMATO, ON A TOASTED, BUTTERED BAGEL... 7.50

**PROMO: Sm. drip coffee included!**

**EXTRA EGG... +2.00 ADD HAM, SALAMI, or TURKEY... +3.00**

*Dairy-free option available.*

## “DAVE'S FAVE” PROTEIN PACKER!

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

**PROMO: Sm. drip coffee included!**

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

*Dairy-free option available.*

## LUNCH SANDWICHES

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

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

### THE “GFT” TURKEY PESTO CHEDDAR MELT

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

**PROMO: Sm. drip coffee included!**

*Dairy-free option available.*

### 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

**PROMO: Sm. drip coffee included!** (sorry, no substitutions/upgrades)

### 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 ... 8.50

**PROMO: Sm. drip coffee included!**

### SALAMI & SUNDRIED TOMATO SANDWICH

DELI STYLE SALAMI, HOUSEMADE SUNDRIED TOMATO CREAM CHEESE, RED ONION, FRESH SPINACH, ON OUR FRESH **UNTOASTED** BAGEL (OR TOASTED) ... 8.50

**PROMO: Sm. drip coffee included!**

### HAM'N SWISS

DELI-STYLE HAM, SWISS CHEESE, SPINACH, HOMEMADE HONEY MUSTARD, ON OUR FRESH **UNTOASTED** BAGEL (OR TOASTED)... 8.50

**PROMO: Sm. drip coffee included!**

**Heads-up!** We use **only** SULFITE-FREE / GLUTEN-FREE

“Free-From” deli meats, that contain **no artificial preservatives.**

## SALADS

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

### HARVEST SPINACH SALAD

SPINACH, AGED WHITE CHEDDAR, APPLES, PUMPKIN SEEDS, DRIED CRANBERRIES, SLIVERED ALMONDS, BALSAMIC & OLIVE OIL VINAIGRETTE... 8.00

**PROMO: Sm. drip coffee included!**

Prep-times vary, depending on volume...

In a rush?

**CALL AHEAD FOR TAKEOUT!**

**(416) 792-7994**



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## 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 incl.*  
**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 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, 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 *REJUVENATE!*

GINGER / BLUEBERRY ... 3.95

### DELUGE LOCAL ONTARIO WATER *REHYDRATE!*

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 *avail. for pre-order\**  
BAGELS... 3.00 *avail. for pre-order\**  
VEGAN BAGELS... 3.00 *avail. for pre-order\**  
VEGAN BREAKFAST COOKIE... 3.75 *avail. for pre-order\**  
ALMOND FLOUR PECAN COOKIE... 3.75 *avail. for pre-order\**  
COOKIES! (FLAVORS ROTATE DAILY)... 3.00 to 3.75 *avail. for pre-order\**  
CUPCAKES\* ... 3.95 EA / 22.50 for 6 / 42.00 per dz. *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... 4.50  
PALEO LAVA CAKE... 5.00 *avail. for pre-order\**  
VEGAN & PALEO COCONUT BITE... 2.00 ea. *or* 3 for \$5  
VEGAN PEANUT BUTTER CUPS... 2.00 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)

2-3 business days needed for most items.

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

## SHOP HOURS

MONDAY to SATURDAY... 10 AM – 5 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**

Menu & pricing subject to change without notice.