



MENU

BREAKFAST

Breakfast Combo

Health Conscious **\$13.65**

toasted bagel, yogurt granola cup or fruit cup, chilled juice or bottled water

Continental **\$15.95**

1 muffin, individual fruit cup, chilled juice or bottled water

Hot + Wholesome **\$18.50**

english muffin breakfast sandwich, fruit cup, chilled juice or bottled water

Breakfast Wraps

Breakfast Wrap **\$10.50**

scrambled eggs, traditional breakfast sausage, cheddar cheese, green onion + ketchup in a flour tortilla

Mexican Wrap **\$10.50**

scrambled eggs with salsa, black beans, cilantro, cheddar cheese in a jalapeno tortilla

Breakfast Sandwiches

Ham + Cheddar **\$8.25**

egg, smoked ham, cheddar cheese on an original english muffin

English Naan **\$8.75**

egg white, swiss, spinach, pesto on a naan bread

Individual Cups

Tiramisu Cup **\$9.95**

Mascarpone cheese, eggs, whipping cream, sponge (cake), coffee, marsala wine and cocoa

Yogurt + Almond Granola Cup **\$7.95**

almond granola cup with plain yogurt

Fruit Cup **\$12.95**

Note: For custom breakfast options (including vegan and gluten-friendly), please contact us.



MENU

BAKERIES

Muffins

Banana Chocolate \$4.50

banana muffin and chunks
chocolate

Blueberry \$4.50

plump blueberries + yogurt,
make this muffin extra moist

Oat + Bran \$4.50

low fat + includes applesauce,
oats, blueberries

Lemon Triple Berry \$4.50

moist yogurt muffin infused
with lemon zest + loaded with
raspberries, cranberries +
blueberries

Lemon Poppyseed \$4.50

with fresh lemon zest +
poppyseeds

Morning Glory \$4.50

with carrots, apples, raisins,
coconut

**Vegan Chocolate
Cranberry \$4.60**

Gluten - Friendly Muffins

Fruit + Nut \$5.25

grated carrots, apples,
coconut, raisins, cranberries,
apricots, almonds, walnuts,
flax seeds + sunflower seeds

Zucchini Chocolate \$5.25

Chip
grated zucchini, chocolate chip,
apples, walnuts + vanilla

Quick Start \$5.25

blueberries, rhubarb + dates

Scones

Blueberry \$5.00

housemade scone loaded
with blueberries

Cranberry Lemon \$5.00

cranberry + lemon zest
topped with a sugary crust

Savoury Cheese \$5.10

cheddar cheese, chives +
red peppers



MENU

BAKERIES

Scones

Blueberry Cranberry **\$5.00**
topped with lemon glaze

Ginger **\$5.10**
fresh ginger, candied ginger +
currants

Bread Loaves

Banana **\$3.95**

Banana Chocolate **\$4.15**

Lemon **\$4.15**

Lemon Cranberry **\$4.15**

Lemon Poppyseed **\$4.15**

Energy Loaf (GF) **\$5.15**

Gluten friendly

Croissants

Classic **4.35**

Chocolate **5.85**

Almond **7.10**

Ham & Swiss **7.90**

Bagels

Plain **\$3.95**

Everything Topped **\$3.95**

Multigrain **\$3.95**

Cream Cheese **\$0.75**

Add cream cheese for \$0.75

Note: Please be advised, our products are prepared in a facility that also handles nuts + tree nuts.



MENU

LUNCH

Panini

Tuna Mediterranean **\$13.95**

tuna, capers, onions, parsley,
spinach, cheddar cheese,
mayo on multigrain bread

Italians Only **\$12.95**

italian ham, salami, capicola,
provolone cheese, bell
peppers + sundried tomato
mayo on foccacia bread

Chicken Pesto **\$13.45**

grilled chicken breast,
provolone cheese, sundried
tomatoes + pesto mayo on
foccacia bread

Roasted Beef **\$12.95**

oven-roasted beef, jack
cheese, caramelized onions,
dijon mayo, on a Portuguese
Bun

Veggie Gouda **\$11.95**

gouda cheese, roasted
seasonal veggies, caramelized
onions, roasted garlic chili
mayo on a multigrain bread

Panini

Chicken Cranberry **\$12.95**

chicken salad (chicken,
craisins, pumpkin seeds, mayo),
swiss cheese, spinach and
seeded sourdough

Three Cheese **\$10.95**

Provolone, monterey jack,
cheddar, sun-dried tomato,
mayo + multigrain bread

Vegan Vegetables **\$11.95**

caramalized onion

Panini Lunch Combo

Panini + Soup **\$16.55**

a freshly made panini paired
with a warm, hearty soup.

Panini + 10oz Drink **\$16.55**

a freshly made Panini paired
with any 10oz espresso-based
drinks, iced beverages, or cold
brews.



MENU

LUNCH

Wraps

Chicken Chorizo **\$12.50**

chicken breast, chorizo sausage, rice, black beans, corn, cilantro, pepper salsa and sour cream mayo on cheddar tortilla

Chicken Fajita **\$12.95**

chicken breast, cheddar cheese, mango + pepper salsa, green onion, chipotle mayo + sour

Chicken Teriyaki **\$12.50**

marinated chicken, red cabbage, carrots, spinach, soybeans, cilantro, roasted pepper, sesame seeds, chili mayo, jalapeno tortilla

Butter Chicken **\$12.50**

roasted chicken, butter chicken sauce, bell peppers, green peas, and long grain rice

Smashed Chickpea Vegan Salad Wrap **\$13.45**

chickpea, carrots, celery, sunflower, seeds, red onion, green onion, dijon, vegan mayo, red pepper, spinach & spinach tortilla

Wraps Lunch Combo

Wrap + Soup **\$15.55**

a freshly made wrap paired with a warm, hearty soup. The perfect mid-day meal to keep you satisfied and energized.

Wrap + 10oz drink **\$15.55**

a freshly made wrap paired with any 10oz espresso-based drinks, iced beverages, or cold brews. A perfectly satisfying lunch made just for you.

Soup

Tomato **\$5.95**

Mushroom **\$5.95**

Chicken Noodle **\$5.95**

Spicy Chicken Chilli **\$5.95**

Vegan Garden Chilli **\$5.95**

Butter Chicken **\$5.95**

Salmon Chowder **\$5.95**

Clam Chowder **\$5.95**



MENU

SWEET INDULGENCE

Bars

Addiction Bar **\$4.25**

rolled oats, coconut, toasted pecans, chocolate and dried fruit enhanced with a hint of espresso

Cream Cheese Brownie **\$5.75**

moist chocolate fudge brownie with cream cheese swirl

Date Bar **\$4.25**

classic date bar with orange essence, topped with an oat crumble

Oat Fudge bar **\$5.95**

a rich, chewy combination of oats + creamy fudge

Lemon Bar **\$4.95**

a homemade shortbread crust with lemon custard + topped with streusel + shredded coconut.

Rocky Road Bar **\$5.75**

delicious combination of marshmallows, chocolate, peanut butter + pecans

Blueberry Bar **\$4.25**

Cookies

Chocolate Chip **\$4.15**

Oatmeal Raisin **\$4.15**

Ginger Molasses **\$4.15**

Double Chocolate Pistachio **\$5.45**

Macadamia White Chocolate **\$4.65**

Peanut Butter Chocolate Chip **\$4.15**

Sweet Treats

Mocha Coffee Cake **\$5.75**

a dark chocolate coffee cake with streusel topping

Carrot Cake **\$5.75**

moist carrot cake with raisins + coconut, topped with cream cheese frosting

Apple Crostata **\$6.50**

fresh apples tossed with brown sugar & cinnamon, flaky pastry and baked until caramelized



MENU

SWEET INDULGENCE

Sweet Treats

Cinnamon Bun **\$7.10**

gourmet cinnamon bun topped
with cream cheese icing

Note: We also prepare custom food orders tailored to your team's needs. Our kitchen can create personalized breakfast or lunch options, including gluten-friendly and vegan choices.

We also offer custom birthday cakes.

Biscotti

Chocolate Almond **\$2.95**

White Chocolate **\$2.95**

Cranberry

Note: Please be advised, our products are prepared in a facility that also handles nuts + tree nuts.

Contact: Maria K
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(778) 338 - 8020
maria@takefivecafe.ca

www.TakeFiveCafe.ca

Order Online

No Delivery Fee on order above \$100



MENU

TEA & COFFEE SERVICE

Coffee Service

Full Serves 16 Cups

Abruzzo Medium **\$39.95**

a medium roast coffee with
subtle nutty undertones

Decaf Roast **\$39.95**

100% arabica, swiss water
accredited & OCIA certified

Coffee Service

Half Serves 8 Cups

Abruzzo Medium **\$24.95**

a medium roast coffee with
subtle nutty undertones

Decaf Roast **\$24.95**

100% arabica, swiss water
accredited & OCIA certified

Tea Service

Full Pot 16 Cups **\$37.95**

Half Pot 8 Cups **\$21.95**

Loose Leaves Tea Types

Black Tea: Earl Grey, English
Breakfast, Bombay Chai

Green Tea: Jasmine Green Tea,
Green Tea Tropical

Non-Caffeinated: African Nectar
(Rooibos), Chamomile Citrus, Wild Berry
Hibiscus, Peppermint

Cold Drinks

Bottled Water **\$2.15**

Juice (orange/apple) **\$3.15**

Coke/diet/zero **\$1.95**

San Pellegrino Aranciata **\$3.50**

San Pellegrino Limonato **\$3.50**

Sparkling Water **\$2.75**

Loose Leaves Iced Tea **\$3.95**

Cold Brew **\$4.55**

Note: The coffee & tea service includes cups, lids, cream, sugar & stir sticks