

COFFEE

ESPRESSO BAR



Espresso 2OZ	\$ 4.50	
Americano 8-12OZ	\$ 4.50	HOT OR ICED
Macchiato 3OZ	\$ 4.75	
Cortado 4OZ	\$ 4.75	
Cappuccino 6OZ / 8OZ	\$ 5.50 / \$5.75	
Flat White 8OZ	\$ 6.00	
Latte 12 OZ UNFLAVORED	\$ 6.75	HOT OR ICED
Mocha 12 OZ FAIR TRADE CHOCOLATE	\$ 7.75	HOT OR ICED

All milk and cream used in our drinks are Eby Manor A2 dairy products
Gluten Free oat milk may be substituted at no extra charge

FLAVORED LATTES 12OZ - HOT OR ICED

All syrups are made in house using real, ethically sourced ingredients
and all natural sweeteners unless otherwise specified *

Wild Ginger Latte GINGER, CINNAMON, MAPLE SYRUP	\$ 7.25	EXTRA SYRUP
Vanilla Latte SUGAR FREE	\$ 7.50	ADD-ONS
Dirty Chai Latte	\$ 7.75	\$ 1.00
Lavender Honey Latte	\$ 7.75	each
Maple Latte	\$ 7.25	

DRIP + POUR OVER COFFEE

TO STAY Drip Coffee 12 OZ + 1 refill	\$ 5.00	
Refill 12 OZ	\$ 1.50	
TO GO Drip Coffee 12 OZ / 16OZ	\$ 3.50	\$ 4.50
STAY/GO Pour Over 12OZ / 16OZ NO REFILL	\$ 5.50	\$ 6.00

NOT COFFEE



All of our tea blends and hot chocolate are made in house using high quality, ethically sourced ingredients.

TEA POT TO STAY \$ 5.75

Includes one refill - dairy/sweeteners extra

TEA TO GO 12OZ / 16OZ \$ 5.75 / \$6.00

Includes dairy / sweetner

TEA BLENDS

Vanilla Earl Grey

Lemon Ginger

Masala Chai

Lavender Fields

PEPPERMINT, ROSE BUDS, NETTLE, ORANGES, NETTLE, LAVENDER

Spearmint / Black Tea

\$ 5.25 / \$5.50

TEA POT ADD-ONS

Milk / Cream \$ 0.50

Honey / Maple \$ 0.50

All teas can be made iced upon request but require extra time and a \$0.50 upcharge.
Please see our ICED TEAS menu for our house-made summer iced teas

TEA LATTES 12OZ

Chai Latte \$ 7.00

Vanilla Chai Latte \$ 7.50

Vanilla London Fog \$ 7.25

Matcha Latte CEREMONIAL GRADE \$ 6.75

FLAVOR
SYRUP
ADD-ONS
\$ 1.00
each

HOT CHOCOLATE + COLD BOTTLED DRINKS

Hot Chocolate 8OZ/12OZ \$ 5.50 / \$7.00

CAN BE DAIRY FREE. Fair trade and sweetened only with coconut sugar

WHIPPED
CREAM
\$ 0.75

HARTWOOD SPARKLING JUICE \$ 5.00

APPLE or SOUR CHERRY - all natural, local, ingredients

WELL NATURAL JUICES \$ 7.00

ASK STAFF FOR AVAILABLE FLAVORS

HOUSE-MADE ICED COFFEES & TEAS



COMING SOON!



BAKED GOODS

All made in house

We are always baking up something new,
make sure you check the display case for all the fresh goodies!

SCONES \$ 5.00

COOKIES \$ 5.00

*Chocolate Chip cookies made with Fair Trade Chocolate \$5.50

CROISSANTS Wed - Sat while supplies last

made by Gourmandise Bakery, baked in house fresh each day

100% Butter Croissant \$ 6.00

Chocolate Croissant \$ 6.50

Almond Croissant \$ 7.50

subject to availability

Did you know that most croissants are cut with margarine and mass produced to reduce cost? Our croissants use 100% butter and are hand made - a 3 day process! - the authentic French way. For this reason, they may not always come out the exact same size or shape, but they will always be delicious!



VEGAN/GLUTEN FREE PASTRIES

from Gluten Free By Suzie or Bela Crema

See the display case or
ask our staff for available options

FOR THE LITTLES

BAKED GRILLED CHEESE \$ 10.50

MINI PEPPERONI & CHEESE FLATBREAD \$11.00

EGG AND CHEESE SANDWICH \$ 6.50

add bacon \$ 3.50

ALL DAY BREAKFAST



BREAKFAST SANDWICHES

on a brioche (Elora Bread Co.) or **GF bun +\$1.00** (Bela Crema)
baked egg, tomato, Eby Manor white cheddar,
fresh seasonal greens, house-made mustard aoli

Smoked Bacon \$ 14.50
BACON MADE AND LOCALLY SOURCED BY SMOKIN' Q



Make It Meatless \$ 9.50

YOGURT BOWL



Eby Manor Yoghurt, topped with **seasonal fruit**
topping and house-made granola. \$ 11.00

Add chia seeds \$ 0.50

April - May Seasonal Fruit: mixed berry compote with mint

June - July Seasonal Fruit: fresh pineapple and toasted coconut

August - September Seasonal Fruit: whiskey peach

BAGELS WITH CREAM CHEESE



Bagels from Elora Bread Co.
Cream Cheese Spreads made in house

Herb & Garlic \$ 10.50

Southern Jalapeno cream cheese \$ 10.50

Bagel with whipped butter \$ 7.00


Bagel with plain cream cheese \$ 8.00



Make it a **GF bagel +\$1.75** (GF By Suzie)

SANDWICHES

served with **GF chips** from The Chippery

 **SMOKED CHICKEN SLIDER**
on a brioche (Elora Bread Co.) or **GF bun +\$1.00** (Bela Crema)
HOUSE-MADE PICO, JALAPENO LIME AOLI, SEASONAL GREENS, SMOKED CHICKEN FROM SMOKIN Q **\$ 17.00**

 **CLASSIC BLT** substitute **GF bread** (GF by Suzie)
on pan loaf sourdough from Elora Bread Co. **\$ 23.00**
SWEET HOUSE-MADE MUSTARD AOLI, SEASONAL GREENS, CRISP SLICED TOMATO AND 3 SLICES OF THICK SMOKED BACON LOCALLY SOURCED BY SMOKIN' Q

 **ROASTED RED PEPPER & MUSHROOM** **\$ 18.50**
on pan loaf sourdough from Elora Bread Co.
ROASTED RED PEPPER, MARINADED MUSHROOM AND HOUSE-MADE PESTO substitute **GF bread** (GF by Suzie) 

CHIPS & DIPS

All made in-house



Served with **GF corn chips** from The Chippery

  **PICO DE GALLO** **\$ 11.00**

  **CHARRED CORN AND BLACK BEAN SALSA** **\$ 11.00**

  **CHIPS & GUACAMOLE** **\$ 13.00**
Flavorful house-made guacamole served in an authentic Mexican Molcajete or hand-made clay bowl

LARGE SHAREABLE GUACAMOLE **\$ 18.50**

  **WARM SOUTHERN JALAPENO SPREAD**
Served with Sourdough from Elora Bread
or **GF bread** (GF By Suzie) **\$ 14.00**
Cream cheese, jalapeno, lemon, ancho powder and topped with Eby Manor cheddar and baked to perfection

ANYTIME

AVOCADO TOAST

On Sourdough - Elora Bread Co. or **GF bread** (GF By Suzie)



La Fiesta

AVOCADO, JALAPENOS, MICRO GREENS, CILANTRO AND LIME

\$ 13.75



Tomato Basil

AVOCADO, TOMATO, BASIL, MAPLE BALSAMIC GLAZE, CHEESE

\$ 14.00

add bacon \$ 3.50

add goat cheese \$ 2.00

add extra avocado \$ 2.50



SOUTHWEST SALAD BOWL

CHARRED CORN AND BLACK BEAN SALSA, PICKLED RED ONION, GUACAMOLE, PICO DE GALLO AND A SMOKEY CHIPOTLE DRESSING, ALL MADE IN HOUSE

\$ 14.50



CHICKPEA LETTUCE WRAPS

THREE CRISP LETTUCE BOATS FILLED WITH CREAMY CURRIED CHICKPEAS AND SERVED WITH A SIDE OF GF CHIPS

\$ 13.50



FLATBREADS base from Elora Bread Co.

Bruschetta

DICED TOMATO, RED ONION, ROASTED GARLIC, BALSAMIC GLAZE AND HOUSE MADE PESTO (NUT-FREE)

\$ 19.00



Roasted Broccoli & Bechamel

LEMON INFUSED BROCCOLI, ROASTED GARLIC, EBY MANOR CHEDDAR AND CREAMY HERB & GARLIC WHITE SAUCE

\$ 17.00



add bacon \$ 3.50

add goat cheese \$ 2.00

TASTES GOOD, DOES GOOD

At The Wild & Free Cafe, we believe that we represent 20% of the process and people from farm to table, and it is our responsibility to honor the other 80% by sourcing ingredients ethically and intentionally and creating a menu that doesn't just taste good - it DOES good. But we don't want our impact to stop there. That's why we use a portion of our profits to fund trauma-informed job training for survivors of human trafficking in our communities.