



**ALL MENU ITEMS ARE AVAILABLE FOR DINE-IN OR TO GO.**

### **GRAB & GO/TAKE OUT**

With mobile ordering, you can order your favourite items on the go! Place your order on the Glencoe app or call 403-287-4102 anytime between 7 am – 7 pm to pick up right away or pre-order to pick up at a later time that is more convenient for you.

# BEVERAGES



COFFEE	SM	LG
Drip Coffee	2.4	3
Espresso		3.10
Americano	3.60	4.65
Cappuccino	3.75	4.75
Mocha	4.10	5.10
Café Latté	4.10	5.10
Iced Coffee		3.90
Macchiato espresso and milk	4.50	5.50
Caramel Macchiato espresso, milk and caramel	4.50	5.50
HOT BEVERAGES	SM	LG
Chai Latté	4.10	5.10
Matcha Latté	4.15	5.15
Golden Milk Latté hot or cold	4.50	5.50
Beet Root Latté hot or cold	4.50	5.50
London Fog	4.10	5.10
Tea & Herbal Tea	2.40	3
Steamed Milk	2.35	2.85
Hot Chocolate	2.85	3.85
Hot Cacao	5.25	6.25
EXTRAS		
Extra Espresso Shot		+1
Flavour Shot		+1
Baileys Shot 1oz		+6
Substitute Milk soy, almond, coconut or oat milk		+1.50

# SMOOTHIES

12oz 5.25 | 16oz 7.25

## Golden Rising

banana, nut milk, vanilla, turmeric, cinnamon, ginger, pinch of salt and pepper

## Abundantly Green

kale, pineapple, green grapes, granny smith apples, yogurt, lemon juice and apple juice

## The Chocolate Nut

nut milk, banana, maple syrup, chia seeds, almond butter, coco powder and sea salt

## Berrylicious

blueberries, raspberries, strawberries, maple syrup and coconut water

## Rise & Shine

banana, pomegranate juice, honey, nut milk and yogurt

## Mango Mania

mango, pineapple, pineapple juice and coconut water

## Java Queen

espresso, banana, yogurt, oat milk and honey

## Build Your Own

CHOICE OF:

- three fruits or vegetables
- dairy or nut milks, orange juice, pineapple juice, coconut water or espresso

**ADD Protein Powder (35 g) +2**

**Add-Ons +1/ea**

Hemp Seeds • Spirulina • Cacao Nibs • Psyllium Husk  
Flax Seeds • Almond Butter • Maca Powder

\*Nut milk may be substituted for dairy or milk alternative

# MILKSHAKES

16oz 6.5

## Vanilla, Chocolate or Strawberry

traditional style recipe with frozen yogurt

# ALL DAY BREAKFAST

## BREAKFAST FAVOURITES

### Classic Breakfast

two eggs, bacon or sausage or ham, choice of side and toast

**11.50**

### Avocado Toast

toasted sour dough, avocado, poached egg, sumac, micro greens, olive oil

**9.50**

### Breakfast Sandwich

fried egg, bacon or sausage, cheddar, lettuce, tomato, on a toasted brioche

**8.50**

### Baked Eggs

wilted greens, wild mushrooms, sourdough toast

**Calories: 410 |**

**Carb: 56g | Protein: 20g**

**16**

## SIGNATURE OMELETTES



ALL EGGS  
ARE CERTIFIED  
CAGE-FREE

### The Garden

mushrooms, spinach, bell peppers, green onion, swiss cheese, pico de gallo, and choice of side and toast

**12.90**

### The Deluxe

bacon, ham, peppers, onions, mushrooms, cheddar and choice of side and toast

**12.90**

### Build Your Own Omelette

**1 egg 8.90 | 2 eggs 10.90 | 3 eggs 12.90**

CHOICE OF ONE OF EACH - MEAT, CHEESE & VEGGIE:

- bacon, ham, sausage
- feta, cheddar, mozza or swiss
- tomato, mushrooms, onions, bell peppers, spinach or zucchini

served with choice of side and toast

## BREAKFAST WRAPS

### Classic

2 eggs, bacon, peppers, onions, tomatoes, cheddar

**12.90**

### Smoked Salmon & Avocado

2 eggs, avocado, smoked salmon, cream cheese, capers, spring onion served with choice of side

**12.90**

## FROM THE GRIDDLE



### French Toast

3 pieces of thick cut brioche

\*Gluten-free available add +1.50

**10.90**

### Pancakes

3 buttermilk pancakes

\*Gluten-free available add +1.50

**8.90**

### Protein Pancake

3 gluten free pancakes with added vanilla protein and buttermilk served with maple syrup and almond butter \*contains nuts

**Calories: 350 | Carb: 45g | Protein: 30g**

**15**

**ADD Berries & Whipped Cream +3.90**



# ALL DAY BREAKFAST

## OATS

### Organic Steel Cut High Wood Crossing Oats



choice of milk and brown sugar or coconut milk and mango compote

Calories: 410 | Carb: 56g | Protein: 20g

CUP 4 | BOWL 8

### Homemade Granola

with choice of milk

5.95

ADD Berries +2.95

## KID'S BREAKFAST

### Classic

1 egg, 2 pieces of bacon, hashbrowns and 1 piece of toast

8.90

### Pancakes

2 buttermilk pancakes

\*Gluten-free available add +1.50

6.90

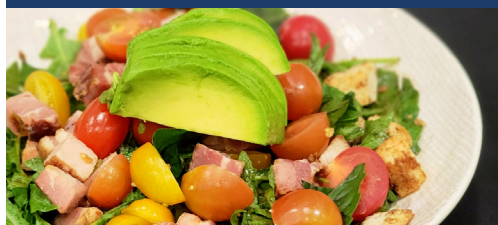
### French Toast

2 pieces of thick cut brioche

\*Gluten-free available add +1.50

8.90

# SALADS



### Caesar Salad

romaine, croutons, shredded parmesan, creamy caesar dressing, lemon

FULL 12 | HALF 7

### Romaine Wedge Salad

GF V

romaine spears, goat cheese, crispy kale, toasted almonds, herb dressing

FULL 14 | HALF 9

### Glencoe Green Salad

DF V

shredded cucumber, shredded carrots, cherry tomato, glencoe house dressing

FULL 14 | HALF 9

### Santa Fe Salad

NF DF V

roasted corn, bell peppers, cherry tomato, avocado, romaine, tortilla chips, cilantro lime vinaigrette

FULL 14 | HALF 9

### BLT Panzanella

NF DF

bacon, arugula, cherry tomato, avocado, croutons, basil, balsamic vinaigrette

FULL 17 | HALF 10

### Greek Salad

GF V

cucumber, tomato, peppers, olives, feta cheese, oregano dressing

FULL 15 | HALF 9

ADD Chicken +7  
Salmon +10  
Steak +11  
Tofu +5  
Falafel +5  
Grilled Shrimp Skewer +8

# HANDHELDS



## CHOICE OF FRIES, MIXED GREENS OR CAESAR SALAD

17.90

\*Gluten-free buns and bread available add +1.50

### Cajun Po Boy

crispy haddock, creole spice, tomato, lettuce, pickles, remoulade, toasted ciabatta

### Bahn Mi

lemongrass chicken, pickled carrots, cilantro, cucumber, sriracha mayo, ciabatta bun

### BELT

double smoked bacon, fried egg, lettuce, tomato, mayo, sesame seed bagel

### Braised Beef Brisket

smokey BBQ sauce, creamy coleslaw, crispy onions, toasted ciabatta

### Quesadilla

choice of rotisserie chicken, braised beef brisket, or BBQ pulled pork; red onion, bell peppers, monterey jack, cheddar, roast vegetable salsa, sour cream

### Bacon Cheese Burger

cheddar cheese, bacon, lettuce, tomato, red onion, pickles, mayo on a brioche bun

### Pulled Pork

slow roasted pork, southwest slaw, rootbeer barbeque sauce on a brioche bun

### Clubhouse

shaved turkey breast, double smoked bacon, lettuce, tomato, mayo

### Crispy Chicken Wrap

crispy chicken breast, shaved lettuce, tomato, cucumber, cheddar cheese, mayo

### Blackened Chicken Sandwich

sweet corn relish, bacon, lettuce, tomato, mayonnaise, brioche bun

### Café 29 Tacos

choice of chipotle chicken, salmon, or pulled pork; topped with lettuce, pico de gallo, avocado, cilantro

\*gluten-free available

Calories: 420 | Carb: 46g | Protein: 25g

### Croque Monsieur

ham, gruyere, béchamel sauce, toasted brioche

\*add sunny side up egg +2

### Rotisserie Chicken Southwest Caesar Salad Pita

chipotle caesar vinaigrette, baby kale, whole wheat pita

Calories: 430 | Carb: 56g | Protein: 14g

# ENTRÉES

## BOWLS

**FULL 16.90 | HALF 13.90**

### Thai Green Curry Shrimp GF DF

thick rice noodles, bell peppers, onion,  
thai green curry, pea shoots

### Bibimbap Bowl GF DF

shaved beef, sunny side egg, gochujang sauce, pickled carrots,  
cucumber, kimchi, spicy mayo, white or brown rice

### Vietnamese Vermicelli GF DF

lemongrass chicken, shredded lettuce, cucumber, carrots,  
bean sprouts, cilantro, slivered almonds

### Ginger Beef DF

bell peppers, mushrooms, onions, broccoli,  
ginger beef sauce, white or brown rice

### Chili Chicken DF

fried chicken breast, sweet chili and lemongrass sauce,  
wonton crisps, green onion, white or brown rice

### Pad Thai GF DF V

thick rice noodles, bean sprouts, tofu, egg, tamarind sauce,  
slivered almonds, green onion, choice of chicken, shrimp or tofu

### Butter Chicken

chicken breast, house made butter chicken sauce,  
cilantro, naan bread, white or brown rice

### Farfalle Cabonara Pasta

double-smoked bacon, parmesan

### Grilled Chicken Roast

#### Red Pepper Arrabbiata DF 🌱

made with gluten free chickpea pasta

**Calories: 560 | Total Carb: 79g | Protein: 33g**

### Falafel Power Bowl

tomato, lettuce, cucumber, pickled banana peppers,  
brown rice, tahini dressing

**Calories: 510 | Total Carb: 70g | Protein: 34g**

## PLATES

### Athlete's Plate GF 🌱

includes chef's daily vegetable plus 1 protein and 1 carb

#### PROTEIN OPTIONS

tofu	14
chicken	15
salmon	16
shrimp skewer	16
grilled steak	17

#### CARB OPTIONS

brown rice
quinoa
roasted sweet potato

CHOICE  
OF

### Greek Plate

chicken souvlaki skewers, greek salad, tzatziki sauce, pita

17

### Potato & Cheese Pierogi NF

garlic sausage, caramelized onion, sour cream, green onion

15

### Rainbow Cheese Filled Torellini

Bolognese sauce, parmesan, fresh herbs

17

**ADD Garlic Toast +3**





# ENTRÉES

## GLENCOE PHO



### Glencoe Pho

15.90

chicken, turkey, beef or vegetarian, rice noodles, cilantro, onions, in chicken broth, served with bean sprouts, tomato slices and hoisin and chili sauces on the side \*gluten-free and dairy-free available

## FROM THE ROTISSERIE

FULL 39 | HALF 24 | QUARTER 17

### Daily Roasted Chicken

chicken rubbed with Café 29 signature spice blend served with roasted potatoes or potato wedges, Chef's daily vegetable, roast chicken jus, and a roll

## KID'S MENU

INCLUDES JUICE BOX OR MILK

12.90

Age 12 and under

### Café Chicken Strips & Fries

### Hot Dog

### Pizza

hawaiian, pepperoni, cheese

### Cheesy Mac

with veggies and dip

### Grilled Chicken Dinner

served with roasted veggies and fingerling potatoes

### Classic Grilled Cheese

with caesar salad

### The Junior Burger

with lettuce, tomato, pickle, served with tossed salad (substitute with fruit bowl, veggies and dip or fries)



