

BREAKFAST

Breakfast Sandwich • 9.5

soft poached, bacon, aged white cheddar, cayenne aioli

⊕ add avocado • 3.5

Gluten Friendly Breakfast 🌾 • 9.5

soft poached, bacon, aged white cheddar, cayenne aioli, on a bed of sautéed spinach

Eggs Benedict 🌱 • 19

hollandaise, frites, heritage greens

⊕ add spinach • 3

⊕ add bacon or ham • 4.5

⊕ add house smoked salmon • 6

Quiche 🌱 • 17.5

daily flavours, heritage greens

SALADS

Chickpea Salad 🌾 🌱 • 10

corn, roasted red peppers, fennel, goat cheese, toasted pumpkin seeds, white wine vinaigrette

Spinach Salad 🌾 🌱 • 18.5

pear, fennel, candied walnuts, goat cheese, white wine vinaigrette

Warm Salmon Cake & Beet Salad 🌾 • 18.5

roasted beet and kale, brown butter vinaigrette, sweet potato salmon cake

French Bistro Salad • 18.5

heritage greens, frisée, Dupuy lentils, bacon, carrot, red wine cranberries, sourdough croutons, soft poached egg, white wine vinaigrette

BOWLS

Bowl of Fruit 🌱 • 8.5

citrus and berries with mint, vanilla syrup

Yogurt Bowl 🌱 • 14

Greek yogurt, honey, berry compote, Saving Thyme's pistachio granola

French Onion Soup • 15

Gruyère toast

Bowl of Frites 🌱 • 8.25

with aioli



SANDWICHES

Cucumber Savoury Paris-Brest 🌱 • 14
herb cream cheese and cucumber

Smoked Salmon Savoury Paris-Brest • 18
house smoked salmon, mignonette,
horseradish crème fraîche

Vegetarian Sandwich 🌱 • 18
havarti, avocado, tomato, herb aioli,
wild rice and onion bread

Croissant Sandwich • 17
ham, Gruyère, grainy mustard

BLT on Brioche • 23
aged white cheddar, aioli

Roast Beef on Dutch Crunch • 25
pickled red onion, roasted garlic aioli

Chicken Confit Sandwich • 23
havarti, avocado, tomato, herb aioli,
wild rice and onion bread

Croque Monsieur on Sourdough • 23
ham, Jarlsberg, grainy mustard
➕ add fried egg • 3

MAINS

Fenwood Farm Chicken Leg 🌱 • 20
seasonal vegetables, frites,
heritage greens and confit leg

Fenwood Farm Chicken Breast 🌱 • 25
seasonal vegetables, frites, heritage
greens and roasted chicken breast

Chicken Vol-au-Vent • 17.5
puff pastry, velouté

Ratatouille Toast 🌱 • 20
sourdough, Gruyère, two fried eggs

The Burger • 23
brie, provolone, tomato jam, crispy
shallots, herb aioli, frites

SIDES

Avocado • 3.5

Heritage Greens • 4.5

Frites • 4

Bacon • 5

Poached Egg • 3

Sourdough Toast with Butter • 4

Toasted English Muffin with Butter • 3.5

Roasted Chicken Breast • 10

House Smoked Salmon • 10

Warm Salmon Cake • 9