

CINNAMON -N- SAGE

HEALTHY CAFE

STARTERS

Roasted Brussels & Shrooms

Oven roasted Brussels sprouts and mushrooms served with a dipping sauce / 10

Chickpea Fritters

Mediterranean herb chickpea fritters served with a bruschetta topping / 10

Chicken Satay

Strips of chicken marinated in an asian inspired sauce, grilled and served with peanut sauce / 8

Veggie Chips

Basket of our house-made chips made from a selection of root veggies and fried in healthy oils, perfect for sharing / 7

BREAKFAST

Breakfast Burrito

Whole grain tortilla with egg, peppers, and onion / 6

Breakfast Greens & Oatmeal

Creamy oatmeal served with a selection of braised greens, fruit, and nuts / 7

Bison Steak & Eggs *

3oz bison steak and 2 eggs cooked to order / 12


Kitchen Sink


Sweet potato hash browns covered in veggies, red eye gravy and 2 eggs to order. Doesn't come with a side / 10

3 Egg Omelet

Create an omelet from the following:
spinach, feta, mushroom, tomato, vegetable blend, bell peppers, broccoli / 9
add chicken / 2

All breakfasts come with a choice of sweet potato hash browns or whole grain toast

 Vegan/ Vegetarian, can be made oil free for WFPB

 Gluten free options

LUNCH

Lunch and breakfast are available until 3 pm

Comes with choice of one side

Bruschetta Chicken Sandwich

Grilled skinless boneless chicken breast on multigrain bread with fresh house-made bruschetta / 10

Cranberry Apple Chicken Wrap

Whole grain wrap (5 net carbs) filled with crisp apple, chevre, mixed greens, roasted chicken, walnuts and house-made cranberry sauce / 11

Jerk Chicken Wrap

Chicken made in our own jerk sauce with black beans, pineapple, and red onion in a whole grain wrap (5 net carbs) / 10

Hot Roast Bison Sandwich

Slow roasted bison on multi grain sourdough, with pickled cabbage and special sauce / 11

Hot Meatloaf "Sandwich"

Turkey Meatloaf served on a cauliflower steak with mashed sweet potatoes and covered in a flourless gravy / 10

Chicken Broccoli Rice Casserole

Roast Chicken and riced cauliflower with broccoli, carrot, onion, and celery to make a flavorful casserole, doesn't come with a side / 10

All sandwiches and wraps come with a choice of side. Choices include veggie chips, cauliflower steak, winter squash medley, pasta salad, roasted veggies, ginger pineapple rice, or poached apple.

Bison dishes are subject to availability.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

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HEALTHY CAFE

SOUP & SALADS

Soup of the Day

Cup of soup / 3.50
Bowl of soup / 6
Soup & Sandwich Combo / 11
Soup & Side Salad / 8

Garden Salad

Mixed greens and veggies / 8
Side salad / 4.50

Make any wrap into a salad / add 2

Thai Chicken Salad

Mixed greens with grilled chicken, carrot, peanuts, bell peppers, fried rice noodles, and chile lime thai dressing / 12

Festive Fall Salad

Grilled chicken with apple, walnut, dried cranberries, shaved brussels sprouts on mixed greens and arugula with honey mustard vinaigrette / 11

Beet & Kale Balsamic Salad

Roasted beets with almonds on a bed of kale with balsamic vinaigrette / 10

KIDS MENU

Chicken Strips

Breaded and baked chicken strips with dipping sauce and choice of side / 6

Meatball Dippers

Turkey meatballs with a variety of dipping sauces and choice of side / 5

Peanut Butter Pinwheels

Natural peanut butter and fruit rolled up in a whole wheat wrap, cut and served with choice of side / 4.50

Choice of sides for kids include veggie chips, applesauce, or cinnamon apples.

VEGETABLE BASED LUNCH

Comes with choice of one side

Curried Chickpea Wrap

Roasted chickpeas, apple, and vegetables in a curry mustard sauce with fresh spinach on a whole grain wrap (5 net carbs) / 9

Jerk Veggie Fritter

Vegetable loaded, spicy black bean based fritter, grilled and served over seasoned green beans / 10

Pasta Primavera

Roasted vegetable mixed served over spaghetti squash noodles with housemade sauce / 10

Vegan Mac & Cheese

Our version of the classic, made with vegetables and nutritional yeast and served on whole grain noodles / 9

SIDES

Pasta Salad / 4

Winter Squash Medley / 4

Ginger Pineapple Rice / 3.50

Cauliflower steak / 4

Veggie chips / 3.50

Poached apple / 3

Roasted Veggies / 3.50

DESSERT

Grilled banana split / 6

Assorted baked goods / varies

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Dinner menu available after 3 pm daily.

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Chicken Satay

Strips of chicken marinated in an asian inspired sauce, grilled and served with peanut sauce / 8

Veggie Chips

Basket of our house-made chips made from a selection of root veggies and fried in healthy oils, perfect for sharing / 7

VEGETABLE BASED

ENTREES

Mushroom Scallops

King mushrooms cut and seared like a scallop, served over roasted bok choy with a herb lemon "cream" sauce and root vegetable hash / 13

Chickpea & Apple Masala

Chickpeas, veggies, and apple in a rich tomato masala sauce over biryani vegetable rice / 14

Cauli Robin

Smothered cauliflower steak smothered with brussel sprouts, onion, carrot and bell pepper topped with a balsamic reduction with bok choy and spaghetti squash / 13

Pasta Primavera

Vegetables and house made sauce served over spaghetti squash noodles / 14

Vegan Shepherd's Pie

Vegetable mix in a savory gravy, topped with sweet potato mash, this dish is all veggie! / 15

ENTREES

6 oz Bison Sirloin*

Local bison steak cooked to order with whiskey peppercorn sauce, polenta, brussel sprouts and bell pepper / 20

Pineapple Pesto Salmon*

Wild caught salmon, pineapple pesto and grilled pineapple slices, served with wilted greens with bell pepper and spaghetti squash / 17

Apple Bourbon Chicken

Grilled chicken and apples in a savory bourbon glaze with roasted bok choy and sweet potato mash / 16

Surf & Turf*

Local bison sirloin, cooked to order, topped with a salmon cake and served with roasted brussels sprouts with walnuts and a brown butter butternut squash / 26

Chicken Pot Pie

Chicken and veggies in a flourless gravy topped with a sweet potato crust / 12

Mustard Rubbed Pork

Tender pork loin rubbed with mustard and herbs, served with cranberry sauce, sweet potato mash, and pickled cabbage / 18

Dill Tilapia

Grilled lemon dill tilapia with pickled cabbage, fried green beans and a root veggie hash / 16

Chicken Picata


Grilled skinless boneless chicken breast covered in a lemon caper sauce with spaghetti squash and arugula salad / 15


Bison Shepherd's Pie

Local bison in a savory gravy with a vegetable blend, topped with sweet potato mash / 18

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