

CINNAMON -N- SAGE

HEALTHY CAFE

STARTERS

Roasted Brussels & Shrooms

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

Hummus & Veggies

Housemade hummus with an assortment of fresh vegetables for dipping / 8

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

Vegan Egg Scramble Bowl

Vegan egg scramble with a selection of vegetables / 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

Power Green Chicken Sandwich

Grilled skinless boneless chicken breast on multigrain bread with marinated mixed greens and a garlic aoli / 11

Mediterranean Chicken Wrap

Whole grain wrap (5 net carbs) filled with Mediterranean vegetables, seasoned chicken, hummus, and tzatziki / 10

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

Bison Stir Fry

Asian inspired stir fry of bison strips and vegetables served with choice of brown rice or cauliflower rice, no side / 14

Hot Meatloaf "Sandwich"

Turkey Meatloaf served on a cauliflower steak with mashed sweet potatoes and covered in a flourless gravy / 11

Chicken Curry with Cauli Rice

Grilled Chicken and zucchini in a savory curry sauce served over riced cauliflower, no side / 11

All sandwiches and wraps come with a choice of side. Choices include veggie chips, cauliflower steak, vegetable mix, rice pilaf, colcannon, spaghetti veggies, apple salad, or peanut slaw.

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
Sub soup as a side / 1.50
Soup & Side Salad / 8*

Garden Salad

*Mixed greens and veggies / 8
Side salad / 4.50*

Make any wrap into a salad / add 2

Tex Mex Salad

Mixed greens with fajita grilled chicken, bell peppers, onions, and a tomato vinaigrette / 12

Orange Bison Salad

Grilled bison strips in an asion sauce, mixed greens, almonds, bell peppers, onions, and orange slices with a citrus vinaigrette / 14

Balsamic Greek Salad

Greek vegetables, kalamata olives, and tomato on mixed greens with balsamic vinaigrette / 11

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

Mediterranean Vegetable Wrap

Mediterranean vegetables with hummus and mixed greens on a whole grain wrap (5 net carbs) / 10

Philly Portobello Wrap

Grilled onions and peppers served with marinated portobello mushrooms sprinkled with vegan nut cheese / 10

Vegan Chili Bowl

Our version of the classic served on brown rice, a hearty dish / 9

SIDES

Peanut slaw / 4

Colcannon / 4

Rice Pilaf / 3.50

Cauliflower steak / 4

Veggie chips / 3.50

Apple Salad / 4

Mixed Veggies / 3.50

Spaghetti veggies / 3.50

DESSERT

Apple crisp / 6

Assorted baked goods / varies