CAFE AT 3L

COFFEE ★ FOOD ★ MUSIC ★ ART

GOOD FOOD COOL PEOPLE COME HANG!



3L Leisure Learning Lab

BREAKFAST

MORNING MAKER $8.95

2 Eggs, Bacon, Lettuce & Cheese on a Bagel or English muffin

BAGEL $4.95

Choice of Bagel (Ask us!) & Cream cheese OR Butter



FUEL YOUR DAY!



BAKED GOODS

Freshly Baked goods available in our display case

LUNCH

ALL SANDWICHES ARE SERVED WITH KETTLE CHIPS

TURKEY & APPLE $12.95

Turkey Breast, Melty Cheese, Crisp Apple, Mixed Greens & Garlic Aioli served on Sour Dough

BBQ BEEF MELT $12.95

3L Housemade BBQ Sauce, Beef, Melty Cheese with Creamy Slaw. Served on a Garlic-butter Kaiser.

MEDITERRANEAN CHICKEN $12.95

Seasoned Chicken, Roasted Red Pepper, Whipped Feta, Greens & Pickled Onions.

MAKE IT VEGETARIAN

GRILLED CHEESE $8.95

Melted Cheese on Grilled Sour Dough

ADD TOMATO +$0.75 | ADD BACON +$1.50

WEEKLY SPECIAL

A Rotating Seasonal Handheld

MAKE IT A COMBO!

Swap your kettle chips for a cup of soup + Make it a combo

$16.95



SIDES & EXTRAS

Soup of the Day.....$6.00

Side of Coleslaw.....$4.00

Side of Kettle Chips.....$4.00



GOOD FOOD FUELS GOOD THINGS

CAFE AT 3L

COFFEE ★ FOOD ★ MUSIC ★ ART

DRINK SOMETHING GOOD. STAY AWHILE.

3L Leisure Learning Lab

COFFEEHOUSE

DRIP COFFEE	$3.75
CANADIANA	$4.95
LATTE	$5.25
CAPPUCCINO	$6.25
MOCHA	$6.25

MAKE IT YOURS!

EXTRA SHOT.... $1.75

FLAVOUR SHOT....$1.00

VANILA | PLAIN | MALTED CHOCOLATE

FUEL YOUR DAY!

FALL MIXTAPE

Seasonal Drinks for the new season | 12oz

GINGERBREAD LATTE $6.95

House made Gingerbread Syrup, Espresso, Steamed milk, topped with Gingerbread Spice Blend

PEPPERMINT MOCHA $6.95

House made mint syrup, espresso, chocolate syrup, steamed milk, topped with crushed candy cane

MAPLE CARDAMOM LATTE $6.95

House made Maple Cardamom Syrup, Espresso, Steamed Milk topped with Cardamom Sugar

PLAY IT HOT OR ICED



NOT COFFEE

Chai Latte	$6.25
London Fog	$6.25
Hot Tea (Assorted Selection (Ask us!))	$3.75
Hot Chocolate with Steamed Milk	$4.95
Cherry lemonade	$5.25
Classic Lemonade	$5.25

FALL FEATURE

SPICED PEAR STEAMER $4.95

Cinnamon, Nutmeg Pear Syrup with steamed milk



COFFEE FUELS GOOD THINGS.

SIT DOWN. LISTEN TO SOMETHING. MAKE SOMETHING. MEET SOMBODY.

WORK LUNCHES. CATERING. EVENTS.

30 minutes' notice for lunch. BAM.
We come to you — or you come to us.

Email us
info@jessjonesrecreationtherapy.com