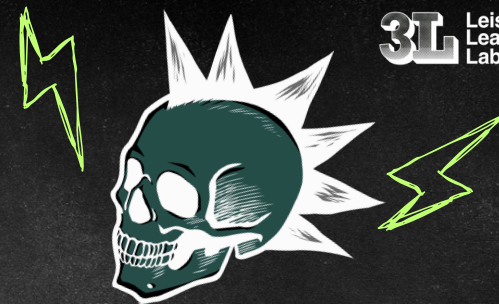


CAFE AT 3L

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 +\$.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

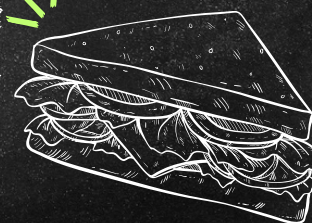


SIDES & EXTRAS

Soup of the Day.....\$6.00

Side of Coleslaw.....\$4.00

Side of Kettle Chips.....\$4.00



GOOD FOOD
FUELS
GOOD
THINGS

CAFE AT 31

COFFEE ★ FOOD ★ MUSIC ★ ART

★
DRINK
SOMETHING GOOD.
STAY AWHILE.
★



31L Leisure Learning Lab



COFFEEHOUSE

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

MAKE IT YOURS!

FUEL
YOUR
DAY!

EXTRA SHOT.... \$1.75

FLAVOUR SHOT.... \$1.88

VANILA | PLAIN

FALL MIXTAPE

Seasonal Drinks for the new season | 12oz

PUMPKIN SPICE LATTE	\$6.95
Fresh made pumpkin syrup, Espresso & Steamed Milk	
APPLE CRISP LATTE	\$6.95
Apple Cinnamon Syrup, Espresso & Steamed Milk	
CHERRY CHOCOLATE LATTE	\$6.95
Cherry & Chocolate Syrup, Espresso & Steamed Milk	

PLAY IT HOT OR ICED



NOT COFFEE

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

FALL FEATURE

CHAIDER	\$6.95
Chai-spiced Apple Cider	



★
COFFEE FUELS
GOOD THINGS.

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

WORK LUNCHES. CATERING. EVENTS.
30 minutes' notice for lunch. BAM.
We come to you – or you come to us.

Email us

info@jessjonesrecreationtherapy.com