

HAVEN

Cafe Food Menu

Sandwiches

All sandwiches are grilled on our panini press, and are created using bread from Nat's Bread Company and proteins from local farmers in the Ottawa Valley.

Tandoori Chicken \$5/\$10

Tender tandoori chicken thighs with mango slaw, and an arugula cilantro mix; all on a ciabatta bun. Served with a side of raita dip. House made.

Adobo Pork Torta \$5/\$10

Flavourful adobo pulled pork with pineapple pico de gallo, Monterey jack cheese, and an arugula cilantro mix; all on a sourdough kaiser bun. Served with a side of creamy chimichurri dip. House made.

Panini Al Tonno \$5/\$10

Bright italian-style tuna salad with roma tomato, pickled onion, and rocket greens (arugula); all on a black olive focaccia. Served with a side of caperberries. House made.

Thai Chicken \$5/\$10

Whole Wheat Wrap

Roasted chicken breast meat wrapped with napa cabbage, red pepper, carrots, cilantro, and various lettuces; all tossed with sweet chili sauce. Prepared by Fresh Start Foods.

Vegan Pesto Caprese \$6/\$12

Delicious vegan mozzarella, pesto, tomato, and spinach; all on classic focaccia. Served with a side of balsamic reduction. Prepared by Keepin' It Vegan.

Haven Breakfast Sandwich \$6

Local farmer's bacon, egg, and aged St. Albert's cheddar; all on a maple & oat bun. House made. We highly recommend accompanying this sandwich with a side of Tomato Jam for an additional \$1.50!

Side of Homemade Dip \$1.50

Tomato Jam, Creamy Chimichurri, and Raita. All dips are house made.

Pastries & Sweet Treats

Our Favorites!

Le Boulanger Français Viennoiserie

Butter Croissant	\$3.75
Pain au Chocolat.....	\$4.00
Cinnamon Roll	\$4.00
Apple Turnover.....	\$4.00

Keepin' it Vegan Pastries & Treats

Blueberry-Lemon	\$3.75
Triple Chocolate	\$3.75
Cinnamon Bun	\$5.00
Macarons (Gluten Friendly).....	\$4.00
S'mores Brownie	\$5.25
Nanaimo Bar (Gluten Friendly)	\$5.25

HAVEN

Cafe Drink Menu

All coffee drinks are made using Fluid Solar Roasted Coffee, an independent local roaster in Clayton, ON that uses solar power and a Sivetz fluid bed to roast their ethically sourced beans.

Coffee

Medium roast coffee brewed fresh

Drip Coffee \$2/\$2.25/\$2.50

Espresso

Dark roast espresso ground fresh with every drink

Cafe Latte \$4.50

Americano \$3.50

Flat White \$4.00

Espresso \$2.25

Cappuccino \$4.00

Macchiato \$3.25

Mocha \$5.00

Cortado \$3.75

Oat milk can be substituted at no extra charge

Cold Drinks

Arctic Mocha Cold Brew \$5.00

Iced Coffee \$3.00

Bottled Drinks

City Seltzer \$2.25

Berry Whip / City Citrus / Cool Melon
Orange Cream / Rotating Flavours

Black River Juice \$3.75

Apple & Mango / Orange

Pulp & Press \$6.99

Red Monster CP Juice / Spicy Lemon CP Juice
Monsoon Smoothie / Kalefornia Smoothie

Jarritos Soda \$3.00

Mexican Cola

Tea

All teas are bought locally from Teastore in Byward Market

Organic Chamomile / Organic Peppermint

Organic Japanese Matcha / Earl Grey Cream

Georgia Peach Rooibos / Green Formosa Gunpowder

Kama Sutra Chai / English Breakfast

Decaf English Breakfast

Steeped Tea \$2.50

Chai Latte \$4.25

Tea Latte \$4.25

Matcha Latte \$4.75

London Fog \$4.50

Dirty Chai Latte \$5.00

Iced Latte \$4.50

Iced Tea Latte \$4.00

Dad's Old Fashioned \$2.75

Root Beer

San Pellegrino Water \$2.00

Mineral

Carlington Booch \$3.75

Ginger / Blueberry / Raspberry

Artizen Iced Tea \$4.50

Raspberry Hibiscus