

C A F É A L M A

MEDITERRANEAN MADE FRESH

BREAKFAST

Comes with your choice of classic israeli salad, hummus, roasted sweet potato or fresh fruit
 Omelette add ons \$.50 - mushrooms, tomato, broccoli, spinach, red peppers, onion, avocado, feta cheese, mozzarella
 Try our tofu scramble for a plant based alternative!
 Prefer gluten free? Substitute gluten free bread for \$1.00

Alma's Breakfast for Two

Two eggs each any way you like, labane with EVOO and za'atar, green tahini, beetroot tahini, cream cheese, tuna salad, yogurt with granola, berries and honey. Comes with side and challah.

Plant based breakfast for Two

Tofu scramble, beet tahini, green tahini, vegan cream cheese, guacamole, hummus, chia pudding with granola, berries and date honey.

Israeli Breakfast Sandwich

An omelette, green tahini, fresh greens and veggies on our house challah bread and a choice of side

Make your own Omelette

Choose 3 of any topping you would like! Mushrooms, tomato, broccoli, spinach, red peppers, onion, avocado, feta cheese. Comes with a choice of side and challah bread.

SHAKSHUKAS

A traditional middle eastern/mediterranean favorite with poached eggs inside a flavorful and mouthwatering tomato sauce. All shakshukas come in a personal size with a challah roll and a sharable size with a challah loaf. All shakshukas bases are gluten free!

Alma's Classic

Our house shakshuka tomato base with red peppers

Blazin' Balkan

Our house shakshuka tomato base with roasted eggplant, Kalamata olives and feta cheese

Benjy's Veggie

Our house shakshuka tomato base with red peppers, broccoli, beetroot, roasted sweet potato and zucchini

Nina's Green Goddess

A twist on our traditional shakshuka. A mouthwatering base of spinach, asparagus and a variety of greens and herbs topped with feta cheese

BRUNCH

Max's Challah French Toast

Classic challah french toast with berries, house made granola, maple syrup and pomegranate whipped cream. Named after the one who could never get enough!

Apple Crisp Toast

Our house challah bread soaked in apple sauce roasted apples and a coconut whipped cream topping

Sun Dried Tomato Benedict

Our very own creative eggs florentine! montreal style sundried tomato bagel topped with sautéed spinach, mushrooms and onions with our house-made hollandaise sauce with a side of our curried apple quinoa

Avocado Twist

Our house made guacamole, beetroot tahini, pepitas, pickled red onion, radish and micro greens all on top of freshly toasted challah bread. Add fried egg for \$1.00 each

Chocolate Halva Banana Pancakes

Two sweet sesame pancakes with chocolate chips, shredded halva, bananas and a date honey drizzle

Rosewater Pistachio Waffle

Bringing on full middle eastern flavor! Rosewater waffle topped coconut whipped cream, with dried rose petals, pistachios and a date-rose syrup

Shmagel's Bagel

A deconstructed montreal style sesame bagel, fresh herb cream cheese, lox, red onions, capers and a hard-boiled egg

Nainie's Bagel

Our classic plain montreal style bagel with our house blueberry cream cheeze topped with granny smith apples, pecans, mint and a date honey drizzle. Garnished with fresh berries

Acai Parfait

Our house acai blend topped with chia seeds, shredded coconut, our house made granola, fresh fruit and a tahini drizzle

Banana Split

Always wanted dessert for breakfast? Now's your chance! Greek yogurt between two banana halves topped with fresh berries, our house made granola and a honey drizzle

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SMALL BITES

Soup of the day

Ask your server for the soup of the day! All soups are gluten free, sugar free and vegan

Quiche of the day

Please ask your server for the quiche of the day! While we have mouthwatering flavors every day, our quiche crust is what really makes you come back for more! Served with a side of israeli salad or fresh fruit

Medi Dip Trio

Choose 3 from our mediterranean dips and spreads: Beetroot Tahini, Green Tahini, and Hummus served with a challah loaf

Coffee and Pastry

Small latte with any one of our fresh pastries of the day

Oatmeal and Fresh Fruit

SALADS and BOWLS

House Salad

Mixed greens, cucumbers, peppers, cherry tomatoes, pecans, shredded carrots and feta cheese. Served with our Raspberry Poppy Dressing.

Add Salmon for \$7.00 

K-A-M Salad

Kale, avocado, mango, roasted pepitas with our Mint Vinaigrette

Curried Apple Quinoa

Quinoa, chickpeas, Granny Smith Apples, roasted sunflower seeds, dried cranberries, fresh herbs with our Curry Vinaigrette

Mira's Power Bowl

Lentils, sweet potato, red onion, tomato, dried cranberries, arugula and fresh herbs served with our green tahini

Israeli Tabbouleh

Quinoa, tomatoes, cucumbers, peppers, almonds and fresh herbs with our Mint Vinaigrette.

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

SANDWICHES

Comes with a side of Israeli Salad, roasted sweet potato or fresh fruit.

Sabikh

Our take on this traditional Israeli style sandwich is full of incredible flavor. Beetroot tahini, roasted eggplant and arugula. Add a hardboiled egg for \$1.00 (Highly recommended!)

Canadian Grilled Cheese

Grilled cheese on two thick slices of our challah bread with mozzarella and a maple syrup drizzle. We promise you'll keep coming back for more of this one!

The Classic Bagel Sandwich

Your choice of one of our hand-rolled Montreal Style Bagels with either egg salad or tuna salad, mixed greens and a slice of tomato.

HUMMUS BOWLS

These sharable dishes are perfect for those who want to try a variety! Our hummus is all house-made and oil free, sugar free, gluten free and vegan! Served with a challah loaf.

Alma's Classic

Our creamy hummus topped with olive oil and Za'atar

Heart Beet

Our beetroot tahini styled on top of our hummus

Mushroom Mania

Hummus with a mix of eclectic mushrooms and truffle oil

Rainbow Veggie

A serious feast for your eyes! Hummus with roasted sweet potato, zucchini, beets, eggplant and red peppers with a lemon olive oil drizzle

SIDES

Israeli Salad

Fresh Fruit

Roasted Sweet Potatoes

Roasted Apples with Cinnamon

Hummus

Challah Roll/Loaf