# **SPECIALTIES**

### Dirty Chai Latte

Our most popular hot drink. Chai latte, made with a double shot of espresso

#### Dark Chocolate Mocha

Bold and rich. Our mocha is made by steaming 70% Callebaut dark chocolate into our milk, then poured over a double shot of our Espresso Sicilia

#### Maple Latte

Maple syrup, double espresso, steamed milk.

### Lavender London Fog

Organic Earl Grey tea, lavender syrup, steamed milk. Twist on the classic london fog.

#### Chai Latte

An excellent chai mix, milk and garnished with Ceylon cinnamon

#### Matcha Blossom Latte

Ceremonial grade Summer Harvest matcha from Uji, Japan, Token white lavender bitters, a hint of evaporated cane juice, and steamed milk. Try it iced!

#### Hot Chocolate

70% Callebaut dark chocolate steamed into our milk and topped with dutch processed cocoa

## **FEATURE DRINKS**

#### Salted Caramel Mocha

70% Callebaut dark chocolate steamed into our milk, toffee, double espresso, topped with freshly ground sea salt and caramel drizzle

### Pumpkin Spice Latte

A delicious blend of pumpkin spices std cane juice, steamed into the milk, sweetened with organic evaporated cane juice, double espresso, and topped with more pumpkin spices

# **COLD DRINKS**

#### Caffè Freddo

Our most popular cold drink and exclusively avaible at CRUM. Very simply three ingredients chilled together: a LOT of espresso sicilia, milk and some sugar.

#### Nitro Vanilla Cloud

Nitro cold brew, with a hint of vanilla and topped with a bit of heavy cream

#### Nitro Cold Brew

Nitrogen infused cold brew. We make our cold brew using the "Lush" single-origin Guatemalan organic coffee from Cherry Hill for 24 hours. It's then placed in a keg and infuised with nitrogen to be served fresh from the NITRO tap.

#### Italian Soda

Syrup of your choice (mix flavours!), topped with ice and soda water. Choose from: strawberry, peach, watermelon, lemon, vanilla, lavender

## **CLASSICS**

#### CRUM's Caffè Latte

Double shot of espresso sicilia, toopped with velvety steamed milk

#### Cappuccino

Espresso sicilia, thickly frothed milk, in an 8 ounce size

#### Flat White

Espresso sicilia, topped with 4ounces of perfectly steamed milk - 6 ounce size

#### Americano

Perfectly extracted espresso sicilia over hot water. Double shot in a 12oz, triple shot in a 16oz

### Drip Coffee\*

Brewed organic coffee of the day from our roaster Cherry Hill.

\*We stop brewing coffee typically after noon

#### Tea

English Breakfast, Earl Grey, Chai, Green, Nectar Rooibos, Turmeric Ginger, Mint

Milk Alternatives Modifiers:

Oat, Almond & Lactose-Free Milk \$1.00 Heavy Cream \$2.00 Half & Half Cream \$1.50

## **DONUTS**

Donuts are delivered fresh every Saturday at around 9am from local donut shop Enjoy Dough!

Donuts vary in flavours so check our instagram for the latest flavours available. You can also call us or DM us on Instagram to ask for our current flavours.

## FRESHLY BAKED PASTRIES

#### Almond Croissant

Buttery pastry croissant, filled with almond paste

#### Spinach & Goat Cheese Puff

Flaky pastry stuffed with spinach, and goat cheese

#### Chocolate Pretzel (seasonal)

Flaky pastry dough with chcolate swilred into the twisted prestzel and topped with crushed hazlenuts and coarse salt

## **CLASSIC TREATS**

### Raspberry Lemon Loaf

Lemon loaf with raspberry jam swirled into it

### Pumpkin Loaf (seasonal)

Pumpkin puree is the standout in this loaf, with pumpkin spice glaze

### Bumbleberry Oatbar

Oat bar bottom, topped with delicious bursts of bumblerry

### Date Square

Oat bar bottom, topped with soft and sweet dates

## TO-GO SNACKS

### CRUM's Hummus Dip

Ingredients: chickpeas, tahini (sesame), freshly squeezed lemon, fresh pressed garlic, sea salt.

### CRUM's Labneh Spread

Ingredients: strained yogurt (milk), sea salt.

### CRUM's Pita Chips

Baked pita chips, drizled with extra virgin olive oil and seasoned with Zaatar.

# GLUTEN FREE, VEGAN, & PALEO ITEMS

\*All of these items are made with no refined sugars or starches and non processed ingredients

# Chocolate Cupcake

Gluten-Free/Vegan/Small-Batch Made

Ingredients: GF oat flour, coconut palm sugar\*, filtered water, arrowroot starch, cocoa powder, coconut oil\*, coconut flour\*, vanilla, baking soda, sea salt, xantham gum

Icing: Palm fruit shortening\*, sweet potato, maple syrup\*, coconut oil\*, arrowroot powder, coconut flour\* vanilla, sea salt

\*organic

## Carrot Muffin with Cashew Cream 'Cheese'

Gluten-Free/Grain Free/Paleo/Small Batch Made

Eggs\*, carrots\*, coconut flour\*, maple syrup\*, coconut oil\*, cinnamon\*, lemon juice\*, ginger\*, baking soda, nutmeg\*, sea salt

Icing: Cashews, water, maple syrup\*, coconut oil\*, lemon juice\*, psyllium husk\*, vanilla, lemon extract, salt

\*Organic

# Jalapeno & Bacon Biscuit

Gluten-Free/Paleo/Dairy Free

Steamed Yam, Eggs\*, Almond Flour, Coconut Milk, Coconut Flour\*, Coconut Oil\*, Olive Oil\*, Bacon, Jalapeños, Nutritional Yeast\*, Baking Soda, ACV, Granulated Garlic, Sea Salt

\*Organic

# Pumpkin Turmeric Spice Muffin

Gluten-Free/Vegan

GF Oat Flour, pumpkin purée\*, coconut palm sugar\*, coconut oil\*, ACV\*, turmeric\*, cinnamon\*, ginger\*, cloves\*, vanilla, baking soda, sea salt

Topping: shredded coconut, coconut palm sugar\*, coconut cream\*, coconut oil\*
\*Organic

## Sexy Lexi's Oatbar (seasonal spring/summer)

Gluten Free/Vegan/Raw

Dates\*, soaked walnuts, GF oats, shredded coconut\*, coconut oil\*, fresh squeezed orange juice\*, orange zest\*, vanilla, sea salt

\*Organic

<sup>\*</sup>These items may be unavailable on certain days, however, most of the time everything is available.

# GLUTEN FREE, VEGAN, & PALEO ITEMS

\*All of these items are made with no refined sugars or starches and non processed ingredients

## Chrysta's Awesome Oat & Hemp Cookie (seasonal)

Gluten Free/Vegan/Small Batch Made

GF rolled oats, coconut oil\*, coconut palm sugar\*, flaked coconut, hemp hearts, coconut flour\*, chia seeds\*, vanilla, baking soda, sea salt

\*Organic

## Tigernut Cookie (seasonal)

Gluten Free/Vegan/Paleo/Small Batch Made

Arrowroot flour, tahini\*, coconut oil\*, coconut palm sugar\*, tigernut flour\*, pumpkin seeds\*, chocolate chips (cocoa mass, cocoa butter, coconut palm suagr\*), chia seeds, baking soda, vanilla, sea salt

\*Organic

## Ginger Snammies (seasonal)

Gluten Free/ Vegan/Paleo/Small Batch Made

Almond flour, maple syrup\*, coconut oil\*, blackstrap molasses\*, ginger\* cinnamon\*, cloves\*, baking soda, sea salt

Filling: plam fruit shortening\*, sweet potato, maple syrup\*, coconut oil\* arrowroot powder, vanilla, sea salt \*Organic

## Banana Chocolate Cake

Gluten Free • Plant Based • Vegan • Paleo

Cake: banana, almond flour, coconut flour\*, coconut oil\*, coconut milk, maple syrup\*, cocoa powder\*, flax seed\*, baking soda, apple cider vinegar\*, sea salt

Frosting: sweet potato, maple syrup\*, coconut oil\*, cocoa powder\*, vanilla, sea salt

\*organic

## CRUM Cookie - Almond Butter Chocolate Chip Cookie

Gluten Free / Dairy Free

Almond butter\*, evaporated cane juice\*, Callebaut 70% Dark Chocolate Chips, eggs\*, baking soda, sea salt

### Mila's Peanut Butter Cookie

Gluten Free / Dairy Free

Almond butter\*, evaporated cane juice\*, Callebaut 70% Dark Chocolate Chips, eggs\*, baking soda, sea salt