

JACK & STELLA

eats and treats

Sandwiches

Bagels

\$5

plain, sesame, or everything bagel. plain or herb & garlic cream cheese
add tomato for \$1.00

Lox & Cream Cheese

\$14

bagel, cream cheese, red onion, dill

The Eggitron

\$14

ciabatta bun, egg, bacon, cheese, and maple drizzle

Bala BLT

\$14

bagel, mayo, lettuce, bacon, tomato

Tuna Melt

\$14

tuna, cheddar, lettuce, tomato served hot or cold

Italian

\$17

francesina bun, salami, prosciutto, arugula, basil, tomato, mozzarella, balsamic vinegar



TBP

\$14

sourdough, turkey, bacon, provolone, lettuce, tomato, chipotle mayo

Cuban

\$14

sourdough, roast beef, ham, swiss cheese, onion, mustard, pickles

Stella

\$14

ciabatta bun, mozzarella, arugula, tomato, red onions, pesto

Yellow Sub

\$17

salami, prosciutto, mortadella, provolone, lettuce, tomato, red onions, sub sauce

Pastries & Treats

Croissant

\$5.25

Pain Au Chocolat

\$5.25

Butter Tarts

\$2.75

Banana Bread

\$4.50

Lemon Poppy Loaf

\$4.50

Cookies

\$2.75

JACK & STELLA

smoothies

Smoothies

All smoothies include a healthy mixture of almond milk, vanilla and maple syrup sweeten things up!

Blueberry Oat \$12.95

blueberries, oats, yogurt, vanilla

Raspberry Tart \$12.95

raspberries, banana, yogurt, vanilla

Chocolate Pb \$12.95

coco, peanut butter, banana, yogurt, vanilla

Green Giant \$12.95

avocado, spinach, peaches, vanilla

Strawberry Monkey \$12.95

strawberries, banana, vanilla

Jackie Moon \$12.95

mango, pineapple, vanilla, chia seeds & coconut milk

Kids Smoothies

any smoothie in a small size! \$6.00



Mason Jar Program

All our smoothies come in a 20oz mason jar no matter if you are dining in or taking away! Here's why...

We do our best to reduce the amount of waste we produce here at Jack & Stella. These jars are the perfect substitute for plastic cups as they are reusable, they look really nice AND they get you 10% off if you bring them back for your next smoothie order!

JACK & STELLA

coffee and drinks

Espresso

| | |
|---|-------------|
| Latte | \$4.95/5.70 |
| Cappuccino | \$5.45 |
| Americano | \$4.75/5.50 |
| Espresso | \$3.25 |
| Cortado | \$4.00 |
| J&S Latte maple syrup, brown sugar, cinnamon | \$5.20/5.95 |

Iced

| | |
|---|-------------|
| Latte | \$4.75/5.50 |
| Cappuccino | \$5.25 |
| Americano | \$4.75/5.50 |
| Cold Brew | \$4.85/5.60 |
| Chai | \$5.10/5.85 |
| J&S Latte maple syrup, brown sugar, cinnamon | \$5.20/5.95 |

Milk Alternatives

| | |
|---------------|--------|
| Almond | \$0.90 |
| Oat | |



Drinks

| | |
|--------------------|-------------|
| Drip Coffee | \$2.80/3.15 |
| Chai Latte | \$4.20/5.35 |
| Mocha | \$5.10/5.85 |
| London Fog | \$5.35 |
| Tea | \$3.25 |

Flavour Shots

| | |
|------------------------------|--------|
| Vanilla Pumpkin Spice | \$0.75 |
| Hazelnut Caramel | |