

MILDRED'S

TEMPLE KITCHEN

B'LUNCH

Biscuits + Scones

ONE 4.25 TWO 7.45 SIX 15.95

Eat them here or take them home!

Baked fresh every morning, Mildred has perfected these two delicacies over the past 30 years. Buttery currant scones or flakey buttermilk biscuits served with our house-made apple butter jam.

Eats, Shoots + Leaves 16

This sumptuous salad is packed with flavour and nutrition - sprouted legumes, pumpkin and sunflower seeds, kale and leaf lettuces tossed in a lemon vinaigrette, topped with sliced radish and pickled onion.

add grilled chicken 7
add smoked salmon 7
add avocado 4.75
add steak 12.5

All Kale Caesar! 16.75

Hearty kale leaves tossed in a creamy anchovy, garlic dressing, tossed with shaved Grana Padano and pan roasted panko, and grilled lemon on the side.

add grilled chicken 7
add smoked salmon 7
add avocado 4.75
add steak 12.5

Wally's Cheesy Savoury Tart 17.75

Aged Canadian cheddar cheese, spinach, caramelized onions and oven dried cherry tomatoes baked in a creamy, eggy royale, served with mixed greens.

Mrs. Biederhof's Wild Blueberry Buttermilk Pancakes 22

They make people happy!

Served with a wild blueberry compote, Lanark County organic maple syrup and whipped cream. These fluffy pancakes are well worth the wait.

Huevos Monty 20

A Mildred fave, black bean refritos and sharp cheddar cheese baked in flour tortillas and topped with two sunny eggs, fresh salsa, avocado smash and sour cream.

Veda's Choice 21.5

Mildred's classic soft poached eggs on a flakey croissant from our friends at Petite Thuet, with your choice of smoked salmon, double smoked bacon, or avocado, topped with béarnaise sauce, served with mixed greens.

The Shak 20.5

Two eggs baked soft in a mess of tomato, red pepper, onion, harissa, cumin, coriander and smoked paprika topped with marinated feta. Served with a lightly grilled pita baked fresh, from our friends at Agora.
Modifications are not available for this dish.

Little Kay's Favourite

Grilled Cheese 19.75

Toasted sourdough with tomato apple relish, aged cheddar and mozzarella, served with mixed greens.

Mildred's Burger 22

Handcrafted beef burger with tomato apple relish and garlic aioli, topped with tobacco onions on a brioche bun, served with mixed greens or frites.

add aged cheddar 1.5
add double smoked bacon 2.25

Chicken Avo Club 21

Grilled breast of chicken sandwiched between two slices of sourdough toast, avocado smash, double smoked bacon, arugula, sliced tomato and our house made garlic aioli. Served with mixed greens.

The Manhandler 25.5

Sliced 100% grass-fed flat iron steak on toasted garlic sourdough with arugula, two eggs sunny, served with mixed greens and a side of MP sauce.

SIDES

Single Blueberry Pancake 9
Double Smoked Rosemary Bacon 7.5
Hand Cut Frites with Garlic Aioli 8
Chorizo Sausage 7.5
Smoked Salmon 7.5
One Egg 2.5
Two Eggs 5
Warm Buttery Croissant 5.25
Mixed Greens 6
Homemade Hot Sauce 2
Homemade Garlic Aioli 1.5

Good To Know:

Our dishes are cooked fresh to order. If you have any allergen inquiries, please speak to a member of our team. Substitutions and modifications on dishes may slow your order down. Groups of 6 or more may be subjected to an 18% service charge. We can accommodate groups up to 8. Cake plating is available for \$4.5 per person.

TEA

Micro-Ground Tea Lattes 8.5

By Tea Squared

Matcha Latte

Green tea high in antioxidants, earthy and vibrant

Masala Chai Latte

Black tea with a sweet and spicy twist

Beets Me Latte

Sweet Beetroot with a hint of ginger

Tumeric Latte

Turmeric, ginger and a hint of black pepper

Premium Tea from Tea Squared 5.5

Breakfast in Paris *black*

Uncle Grey *black*

Vanilla Chai *black*

Sencha Fujiama *green*

Egyptian Chamomile *herbal*

Peppermint *herbal*

Lavender Fog 7.25

A take on a classic featuring Tea Square's Early Grey and house-made lavender syrup, topped with steamed milk.

London Fog 6.75

Tea Square's Earl Grey tea, house-made vanilla syrup, topped with steamed milk.

COFFEE

Reunion Coffee Roasters

Organic + Fair Trade Coffee

**add Five Farms Irish*

Cream Liqueur to any coffee 7

Fresh Brew (bottomless) 4.5

Americano 5.25

Latte 6.5

Cappuccino 6

Espresso 4.5

TEMPERANCE

Fresh Squeezed Juice 6.25
Orange or grapefruit juice.

Grapefruit Ginger Spritzer 7
Fresh grapefruit juice, ginger ale and fresh mint.

Mildred's House-Made Iced Tea 6.5
A blend of seasonal ingredients. Ask your server for the details.

Mildred's House-Made Lemonade 6.5
Made with freshly squeezed lemons.

Watermelon Lemonade 7
Made with freshly squeezed lemons and fresh pressed watermelon juice.

Cucumber Mint Spritz 7.5
Shaved cucumber, fresh mint, lime juice, simple syrup, Fever Tree ginger beer and soda water.

Sodas 4.25
Coke, Diet Coke, Canada Dry, Sprite, Club Soda.

SPECIALTY DRINKS

Bungalow Island Caesar 17
Local Spirit Distilling Co.'s Small Batch Craft Vodka, Walter's Classic Craft Caesar mix, a drop of Red Hot Millie Peppers hot sauce, worcestershire, freshly grated horseradish and curly celery.

Blue Sky 16.5
Berry infused Local Spirit Distilling Co.'s Small Batch Craft Vodka, blueberry compote, basil, lemon and topped with soda.

Hibiscus French 75 16
Local Spirit Distilling Co.'s Small Batch Craft Gin, lemon juice, hibiscus syrup, topped with a splash of Belstar, and a lemon twist.

La Pinela 17
Dejado Tequila Blanco, Galliano, cinnamon syrup, pineapple and lime juice.

Basil Aperol Spritz 17
Aperol, Local Spirit Distilling Co.'s Gin, House-made basil syrup, prosecco and soda water.

Spicy Watermelon Margarita 17
Local Spirit Distilling Co.'s Tequila, fresh pressed watermelon juice, fresh jalepeños, agave syrup and fresh lime juice.

Blueberry Whiskey Sour 17
Local Spirit Distilling Co.'s whiskey, house-made blueberry compote, aquafaba, lemon juice and simple syrup.

GINGer Fizz 16
Local Spirit Distilling Co.'s Small Batch Craft Gin, mint, ginger beer and lemon.

The Classic Mimosa 12.5
Sparkling Riesling and fresh OJ

The Pink Mimosa 12.5
Belstar Cuvée Rosé and fresh grapefruit juice

Mrs. B's Blueberry Mimosa 13.5
Belstar Prosecco, fresh blueberry lemonade + maple cotton candy

The Big (for tout le gang)
1 litre fresh OJ or grapefruit + 750ml bottle bubbles
Cava 65
Prosecco 70
Cuvée Rosé 75

WINE + BUBBLES

BUBBLES

	g.	btl.
Cava Brut, Flama d'Or, Spain	11.5	48
Prosecco Brut, Belstar, NV, Italy	12	56
Cuvée Rosé, Belstar, NV, Italy	13	58

WHITE

Sauvignon Blanc, Reif Estate, Niagara, ON	12	50
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ROSÉ

Ladybug Rose, Malivoire Wines, Niagara, ON	14	52
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RED

Mildred's Pick. Ask your server for details.	12	50
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BEER

CANS

Pancake Bay Sweet Brunch Stout, Something in the Water Brewing, Liberty Village, Toronto, ON 355ml 8.25

Hazy Maitland IPA, Something in the Water Brewing, Liberty Village, Toronto, ON 473ml 9.5

Farm to Glass Pilsner, Something in the Water Brewing, Liberty Village, Toronto, ON 473ml 9.5

CIDER

Brickworks Cider Batch 1904, Toronto, ON, 473ml 9.5

Beermosa

Something in the Water Brewing Co. 'Farm to Glass' Pilsner + OJ or grapefruit juice, 20oz 12.5