

SEPTEMBER

The chaos of back to school and work meets a month of still great local produce, fresh apples, the sad end of Heirloom tomatoes and fresh peaches. Enjoy the end of summer...



DEAR GRAIN

KITCHEN HOURS

MON-WED 8AM-3PM | THU-SAT 8AM-4PM | SUN 9AM-4PM

~ PLEASE ORDER AT THE COUNTER ~

ALL DAY BREAKFAST

Breakfast Sandwich: Fried Egg, Aged Cheddar, Arugula, Tomato Jam + choice of Ham, Bacon or Avocado	9.50
Hand Pie and Side of Greens	8.50
Morning Glory Granola, Fruit Compote, Greek Yoghurt	9.50
Homemade Brioche French Toast, Fruit Compote, Pecans, Creme fraiche, Butter, Maple Syrup	13.95
Avocado (Dear Grain) Toast, Two Sunny Side Eggs, House Greens	15.95
Mediterranean Breakfast Platter: 2 Eggs, Bulgarian Feta, Hummus, Cucumber, Heirloom Tomatoes, Kalamata Olives, Toast	15.95
Weekender Reinvented: 2 Eggs, Ham, Bacon, House Jam, House Greens, Avocado, Toast (substitute Gravlax for Ham & Bacon)	16.95
Protein Bomb: 3 Eggs, Ham, Bacon, Aged Cheddar, Hummus, Avocado (add side of toast \$2.75)	18.95
Toast with Homemade Jam & Butter	3.75
Almond Butter & Miel D'Anicet Honey Toast	4.75

Additions & Sides

+ Miso Lemon Chicken	4.25
+ Ham	3.50
+ Bacon	3.50
+ Housemade Salmon Gravlax	4.50
+ Housemade Montreal Style Beef Brisket	4.75
+ Avocado	2.25
+ Side Greens	3.75

Ice Cream Sandwiches

Made with DG cookies & Foundry ice cream

Peanut Butter Brittle Cookies & Sweet Cream Ice Cream	6.50
Or	
Vegan & Gluten Free Buckwheat Chocolate Chunk Cookies & Chocolate Ice Cream (coconut milk based)	6.50

LUNCH

House Made Soup of the Day & Dear Grain Toast	7.00
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Open Faced Sandwiches

Italian Olive Oil Tuna, Caper Mayo, Fresh Heirloom Tomato, Fresh Fennel, Parsley	7.75
Candy Stripe Beets, Cucumber, Hummus, Tahini Miso Dressing and Pea Shoots	8.75
Roasted Zucchini, Feta, Mint, Dill, Parsley	7.50
House Gravlax, Cream Cheese, Red Onion, Capers, Dill, Parsley	8.75

Add side soup or salad for \$3.75

Sandwiches

Housemade Montreal Style Beef Brisket, Whole Grain Mustard, House Greens, Dill Pickle	14.75
Miso Lemon Chicken Breast, Avocado, Tomato, Pesto on DG Porridge Bread, House Greens	14.25

Grilled Cheese

Gruyere Grilled Cheese + House Greens	9.75
Aged Cheddar Grilled Cheese + House Greens	8.75

Add Ham (\$2.50) or Bacon (\$2.50)

Salads

Kale Chicken Tahini Salad: Kale, Chicken Breast, Roast Sweet Potato, Feta, Currants, Pumpkin Seeds & Tahini Lemon Dressing (Make it Veggie or Vegan)	14.75
House Greens, Cucumber, Heirloom Tomatoes, Candy Stripe Beets, Roasted Carrots, Pickled Onion, Red Wine Vinaigrette	10.75
Crunchy Vietnamese Chicken Salad: Napa Cabbage, Roast Chicken, Julienned Carrots, Red Onion, Mint, Cilantro, Crispy Rice Noodles, Peanuts, Fresh Lime Dressing.	14.75