

Lunch Thyme Menu

519-915-2279

100 Ouellette Ave

Traditional Breakfasts

Thymeless Classic

2 eggs/ smoked brown sugar-cured bacon/
organic sausage/ potato hash/ seasonal
fruit/ toast **12**

Healthy Classic

2 eggs/ avocado/ coconut bacon/ tomato/
seasonal fruit/ dry multigrain toast **12**

Breakfast Sandwiches *Available GF*

*Accompanied by your choice of two sides:
Soup, House Salad, Frites, Sweet Potato
Fries, Seasonal Fruit*

Vegan BLT V+

Avocado/coconut bacon/ romaine/ tomato/
rye **12**

BLT

Avocado/ smoked bacon/ romaine/ tomato/
rye **12**

Smoked Salmon Sandwich

Fried egg/ avocado/ lemon dill cream
cheese/ fried capers/ spinach/ rye **13**

T.K Breakfast Sandwich

Fried egg/ smoked bacon/ cheddar/
spinach/ croissant bun **11**

Tofu Scramble Wrap V+ N

Brown rice/ tofu/ roasted tomato/ pepper/
spinach/ vegan cheese/ tortilla **12**

Daily Soup

The Cup 3.25 The Bowl 6.15

Salads

House Salad V+ GF

Greens/ cucumber/ red onion/ strawberries/
sunflower seeds/ orange chia vinaigrette **12**

Quinoa Salad V+ GF

Greens/ quinoa/ avocado/ red pepper/ fried
chickpeas/ sprouts/ shallot vinaigrette **14**

Farmers Cobb Salad GF

Greens/ chicken breast/ smoked bacon/
hard egg/ goat cheese/ avocado/ cucumber/
tomato/ red onion/ red wine vinaigrette **17**

Field Cobb Salad V GF *Available V+*

Greens/ smoked tofu/ coconut bacon/ hard
egg/ goat cheese/ avocado/ cucumber/
tomato/ red onion/ red wine vinaigrette **17**

Buddha Bowl Salad V+ GF

Spinach/ quinoa/ asparagus/ mushrooms/
green pea hummus/ radicchio/ tomato/
cucumber/ radish/ fried chickpeas **16**

Salad Additions

Chicken Breast GF6

Smoked Salmon GF6

Artichoke White Bean Cake V+ GF6

½ Avocado V+ GF3.60

Smoked Tofu V+ GF.....3.50

Sandwiches

*Accompanied by your choice of two sides:
Soup, House Salad, Frites, Sweet Potato
Fries, Seasonal Fruit*

Chicken Panini

Chicken breast/ smoked bacon/ mozzarella/
roasted tomato/ spinach/ focaccia **16**

BBQ Pork Panini

BBQ pulled pork/ smoked bacon/
mozzarella/ pickled onion/ peach/ grainy
mustard/ spinach/ focaccia **16**

Roasted Vegetable Panini V *Available V+*

Mushrooms/ asparagus/ swiss cheese/
horseradish aioli/ spinach/ focaccia **15**

TK Corned Beef Sandwich

Corned beef/ swiss cheese/ cucumber/
dijon/ lemon-dill cream cheese/ spinach/
croissant bun **16**

Green Goddess Wrap V+

Avocado/ asparagus/ green pea hummus/
cucumber/ fried chickpeas/ greens/ sprouts/
whole wheat tortilla **15**

Tandoori Chicken Burger

Crispy fried chicken/ cucumber yogurt/
maple/ siracha/ pickles/ spinach **16**

Artichoke White Bean Burger V+GF

Artichoke/ white bean/ avocado/ roasted
tomato/ smoked lemon aioli/ spinach **15**

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