

**MENU THYME: Mon-Fri 8:30am-2:30pm**

**519-915-2279**

**100 Ouellette Ave**

**Breakfast Thyme –All Day**

**Thymeless Classic**

2 eggs / candied bacon / organic sausage / potato hash / seasonal fruit / toast **15**

**Active Breakfast**

2 poached eggs / avocado / peppercorn peameal bacon / sliced tomato / seasonal fruit / dry multigrain toast **17**

**Vegan Breakfast V+**

Black bean scramble / chipotle aioli / coconut bacon / avocado / tofu bacon / sliced tomato / seasonal fruit / dry multigrain toast **17**

**Keto Breakfast GF**

2 poached eggs / avocado / peppercorn peameal bacon / sliced tomato / house salad with side dressing **17**

**Avocado Toastie V**

Sunny side egg / avocado / spinach / roasted tomato / basil butter / sprout / rye / potato hash / seasonal fruit **17**

**Turmeric-Orange Goat Cheese Toastie V**

Turmeric citrus goat cheese spread / roasted orange / pumpkin seed / dried cranberry / pomegranate reduction / sprout / rye / potato hash / seasonal fruit **17**

**Breakfast Thyme Sandwiches**

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

**Vegan BLT V+**

Avocado / coconut bacon / romaine / veganaise / tomato / rye **15**

**BLT**

Avocado / smoked bacon / romaine / tomato / mayo / rye **15**

**Smoked Salmon Bagel**

Fried egg / avocado / lemon dill cream cheese / fried caper / spinach / house bagel **17**

**T.K Breakfast Sandwich**

Fried egg / smoked bacon / cheddar / basil butter / spinach / croissant bun **15**

**Early Thyme Tofu Wrap Up V**

Tofu bacon / scrambled eggs / crispy hash / spinach / cheddar cheese / roasted tomato / chipotle aioli / grilled whole-wheat tortilla **15**

**Moring Thyme Bacon Wrap Up**

Bacon / scrambled eggs / crispy hash / spinach / cheddar cheese / roasted tomato / chipotle aioli / grilled whole-wheat tortilla **15**

**Black Bean Cilantro Lime Crunch Wrap V+**

Avocado / black beans / brown rice / charred corn / red pepper / spinach / cilantro / vegan cheese / crunchy tostada / tomato / grilled wheat tortilla **15**

**Mexican Braised Beef Crunch Wrap**

Braised Beef / spinach / onions / cheddar cheese / roasted tomato / crunchy tostada / chipotle aioli / grilled whole wheat tortilla **16**

**Egg White Peameal Sandwich**

Egg whites / lemon dill cream cheese / 2 peppercorn peameal bacon / mozzarella / spinach / basil butter / croissant bun **15**

**\*\*NEW\*\***

**Pistachio Yogurt Parfait V N**

Yogurt / pomegranate reduction / coconut / pistachio nuts / pumpkin seeds / berries / toast **14**

**Check out our other great locations and services @ [www.thymetogo.ca](http://www.thymetogo.ca)**

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**100 Ouellette Ave**

**Lunch Thyme Salads**

**House Salad V+ GF**

Greens / dried cranberry / pumpkin seeds / green apple / pomegranate vinaigrette **15**

**Farmer's Cobb Salad GF**

Greens / chicken breast / smoked bacon / hard egg / feta / avocado / cucumber / tomato / red onion / red wine vinaigrette **19**

**Field Cobb Salad GF**

Greens / tofu bacon / coconut bacon / hard egg / feta / avocado / cucumber / tomato / red onion / red wine vinaigrette **18**

**Vegan Caesar Buddha Bowl V+ GF**

Greens / quinoa / fried chickpea / avocado / coconut bacon / sprout / vegan Caesar dressing **17**



**Lunch Thyme Sandwiches**

*Accompanied by your choice of*

**Two sides: Soup, House Salad, Potato Hash, Frites, Sweet Potato Fries or Seasonal Fruit**

**Chicken Panini**

Chicken breast / smoked bacon / mozzarella / roasted tomato / spinach / basil butter / focaccia **19**

**Birria Braised Beef Panini**

Mexican braised beef / cheddar / mozzarella / corn tostada / red onion / roasted tomato / cilantro-lime butter / Tajín/ spinach / focaccia **19**

**Zhoug Mushroom Mozzarella Panini V**

Roasted portobello mushroom / sumac / zhoug sauce / roasted tomato / spinach / red onion / basil butter / mozzarella / focaccia **18**

**Vegan Caesar Falafel Wrap V+**

Falafel / quinoa / greens / tomato / cucumber / red onions / coconut bacon / creamy Caesar dressing **15**

**Light Fare**

House made English muffin ... **2.99**

House made bagel ..... **2.99**

Bagel w/ cream cheese ..... **3.99**

Plain / lemon dill cream cheese

Toast ..... **2.50**

Rye/ White/ Multigrain/ Gluten Free

Jam ..... **1.25**

Peanut butter ..... **1.00**

**Add on's**

1 Egg ..... **2.00**

Side avocado ..... **3.60**

Side tomato ..... **2.75**

2 Peppercorn peameal bacon GF **3.99**

4 Organic sausages GF ..... **6.99**

4 Slices candied bacon GF ..... **5.99**

4 Slices tofu bacon GF V+ ..... **3.99**

Coconut bacon V+ GF ..... **4.99**

2 Slices smoked salmon GF ..... **4.00**

***\*Please notify your server of any allergies \****

**\*Gluten Free or Vegan Substitutions Available for Most Items\***

**GF = Gluten Friendly**

**V = Vegetarian**

**V+ = Vegan**

**N = Contains Nuts**

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