



EATS 8am-4pm

SOUP OF THE DAY

\$5.00 • Cup / **\$8.00** • Bowl

\$15.00 • Soup & Salad

SALAD

Traditional Caesar (no anchovy)

Reg. **\$12.00** / Side **\$8.00**

Fresh mixed greens

Reg. **\$10.00** / Side **\$7.00**

Add a scoop of protein **\$6.25**

GRILLED CIABATA PANINI

\$10.00 • Roasted vegetable & feta

\$12.00 • Chicken, brie & tomato

Add bacon or cheese to any of the above **\$2.00**

GLUTEN FREE WRAPS

\$12.00 • Chicken Caesar

\$10.00 • BLT

\$8 • Tuna • Egg **\$12** • chicken salad

SANDWICHES

\$9.00 • Tin Cup chicken salad

\$8.00 • Egg salad

\$8.00 • Tuna salad

\$6.25 • Grilled Cheese

\$7.25 • BLT

Add bacon or cheese to any of the above **\$2.00**

EATS (available Thurs/Fri/Sat)

PIZZA

\$18.00 • Bruschetta – tomato, red onion, garlic, basil, cheese

\$16.00 • Margherita – tomato, cheddar, mozzarella, basil

\$19.00 • White Pesto Chicken – tomato, ricotta, mozzarella, chicken

\$17.00 • Classic pepperoni – tomato sauce, cheese, pepperoni

Gluten free crust **\$5.00** / Smoked Bacon **\$2.00**

Extra toppings – double cheese, black olives, hot peppers,

jalapenos, feta cheese, red onion **\$1.50/per**

TIN BURGER (GLUTEN FREE)

\$18.00 • Fresh made patty w/ lettuce, tomato, pickle, burger sauce

Add: bacon **\$2.00** cheese **\$2.00**

mushrooms **\$2.00**

SIDES: \$7.00 • Home fries w/ dip

DRINKS

Regular Large

HOT

\$1.77 • **\$2.65** • Drip coffee/Red Rose/Herbal

\$4.43 • **\$5.30** • Latte

\$4.43 • **\$5.30** • Feature or Tea Latte

- **\$5.30** • Chai Latte

- **\$5.30** • Mocha Latte

\$4.43 • **\$5.30** • Cappuccino

\$3.80 • **\$4.43** • Americano

\$2.88 • - • Single Espresso

\$6.20 • London Fog

One Size Only

COLD

\$5.30 • Frappuccino

\$3.00 • Italian soda (flavour shot & soda)

\$3.00 • Iced Coffee

\$5.30 • Smoothie (fresh fruit puree, milk, ice)

\$2.50 • Soda pop or water bottle

\$2.50 • Juice (orange, cranberry, pineapple, apple)

\$2.50 • Milk (whole or skim)

\$1.00 • Flavour shots (please ask)

\$1.00 • Milk alternative (coconut, oat, almond, soy)

ALCOHOL Craft beer and wine and cocktails available. AGCO licensed

SWEET TREATS

\$8.00 • TIN famous carrot pineapple cake slice

\$8.00 • Dark chocolate Ganache cake tower slice

\$2.00 • Cookies – Gingmolass, ChocChip, PB, Oaties

\$3.00 • Lemon cookies

\$2.00 • Soft baked biscotti

\$3.00 • Butter tarts/Pecan tarts

\$2.50 • Squares – Chocolate, lemon

\$3.50 • Industrial Muffins

\$3.00 • Breakfast bread

\$2.50 • Date turnovers

\$4.00 • Cottage scones

\$3.50 • Bagels – everything or plain

\$2.75 • (w/butter, or jam)

Bagels – everything or plain

\$3.75 • (w/cream cheese)