



## 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

**\$12.00** • Roasted vegetable & feta

**\$14.00** • Chicken, brie & tomato

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

### GLUTEN FREE WRAPS

**\$14.00** • Chicken Caesar

**\$10.00** • BLT

**\$10** • Tuna • Egg **\$12** • chicken salad

### SANDWICHES

**\$10.00** • Tin Cup chicken salad

**\$9.00** • Egg salad

**\$9.00** • Tuna salad

**\$6.50** • Grilled Cheese

**\$8.50** • 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

- |               |               |                               |
|---------------|---------------|-------------------------------|
| <b>\$2.00</b> | <b>\$2.65</b> | • Drip coffee/Red Rose/Herbal |
| <b>\$4.43</b> | <b>\$5.30</b> | • Latte                       |
| <b>\$4.43</b> | <b>\$5.30</b> | • Feature or Tea Latte        |
| <b>\$5.30</b> | <b>\$6.20</b> | • Chai Latte                  |
| <b>\$5.30</b> | <b>\$6.20</b> | • Mocha Latte                 |
| <b>\$4.43</b> | <b>\$5.30</b> | • Cappuccino                  |
| <b>\$3.80</b> | <b>\$4.43</b> | • Americano                   |
| <b>\$2.88</b> | <b>\$3.33</b> | • Single Espresso             |
|               | <b>\$6.20</b> | • London Fog                  |

One Size Only

### COLD

- \$6.20** • Frappuccino
- \$5.30** • Italian soda (flavour shot & soda)
- \$3.00** • Iced Coffee
- \$6.30** • 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
- \$9.00** • Dark chocolate Ganache cake tower slice
- \$2.65** • Cookies – Gingmolass, ChocChip, PB, Oaties
- \$3.00** • Lemon cookies
- \$3.00** • Soft baked biscotti
- \$3.00** • Butter tarts /Pecan tarts
- \$3.25** • Squares – Chocolate, lemon
- \$3.50** • Industrial Muffins

- \$3.00** • Breakfast bread
- \$3.00** • Date squares
- \$4.00** • Cottage scones
- \$3.00** • Bagels – everything or plain (w/butter, or jam)
- \$3.75** • Bagels – everything or plain (w/cream cheese)