



seven shores

Urban Market & Cafe

Every Bite Matters

A SOCIAL VENTURE COMPANY

**Proud Winner of the K-W Chamber of Commerce Environment Award
2011 Excellence in Business Sustainability. Thank you for your support.**

*Menu Inspired by Local
And Sustainable Farms.*

CATERING AVAILABLE.

FOLLOW US FOR DAILY SPECIALS AND NEWS.

WWW.SEVENSHORESTRADING.COM



10 Regina St. N. Unit 4. Waterloo ON, N2J 2Z8

519.342.0916

Monday to Saturday: 7am to 6pm

Sundays: Closed for Family and Friends.

Check out the Chalk Board for Our Weekly Features!

(HST not included on food and beverage prices.)

BREAKFAST.

(AVAILABLE ALL DAY.)

The Wild Western . Two local eggs with red pepper, onions, ham, topped with old Cheddar cheese, with side of fruit **\$7.99**.

Cheesie Omelette. Three local eggs with old Cheddar cheese. Comes with toast and side of fruit **\$6.49**. Add spinach, mushroom, onion, ham, tomato, or red pepper **\$0.50 each**.

Egg 'N' Olde Cheddar. One local fried egg with a yogurt dressing and old Cheddar on an English Muffin **\$3.49**. Add tomato, avocado, or ham **\$0.50 each**.

Two Farm Fresh Eggs and Toast. Two local eggs, your style, with toast and a side of fruit **\$5.99**. Add an Egg **\$1.00**

Good Morning Oatmeal and Fruit. Locally grown and milled oats topped with in-season fruit, honey and your choice of milk **\$5.49**.

Rainbow Fruit Cup. A delicious medley of fresh fruits **\$5.49**. Add yogurt **\$0.50** or granola **\$0.50**.

Toast your Style. Two slices from our bread selection **\$1.49**. Add almond butter or jam **\$0.50**.

SALADS.

(ADD TUNA, TEMPEH OR LOCAL FREE RUN CHICKEN BREAST \$3.00.)

"Modern" Caesar Salad. Romaine, mushrooms, sundried tomatoes, croutons with our tangy homemade vegan Caesar dressing **\$7.99**.

Tuscan Garden Salad. Mixed greens, caramelized almonds, cranberries, strawberries, cucumbers and grape tomatoes with our homemade raspberry vinaigrette dressing **\$7.99**.

Momma Mia Greek Salad. Romaine, cucumbers, tomatoes, olives, onions, red peppers, dill and feta cheese with our homemade Greek dressing **\$7.99**.

Seven Shores Famous - Thai Rice Paper Spring Rolls!
Raw green onion, red pepper, carrots, mango, cilantro with sunflower butter and a spicy chili dipping sauce. With a fresh side of the day. **4 pieces \$7.99**.

KIDS' MENU.

(SERVED WITH LOCAL APPLE STICKS AND A JUICE BOX.)

Stack of Gold. Three golden pancakes with Waterloo Region's treasured Maple Syrup **\$5.99**.

Cheesy Cheese. Grill Cheese on Cheese Bread **\$5.99**.

The ABC. Almond butter and Banana on Cheese bread **\$5.99**.

SANDWICHES.

GLUTEN-FREE BREAD AND DAIYA VEGAN CHEESE AVAILABLE.

VEGETARIAN OPTIONS.

(COMES WITH FRESH SIDE OF THE DAY.)

Supreme Bean Wrap. Chickpeas mixed with almond and tahini butter, spices, topped with cucumber, a drizzle of local honey stuffed in a wrap and slightly grilled **\$8.99.**

Miso-Sesame Tempeh Wrap. Marinated tempeh in sesame oil with shredded carrots, avocado, mixed greens and a miso-sesame sauce **\$8.99.**

High Tech Veggie Sandwich. Seven Shores hummus, avocado, roasted red pepper, mixed greens, a drizzle of balsamic vinaigrette and a slice of Havarti on multi grain bread **\$8.99.**

MEAT OPTIONS.

(COMES WITH FRESH SIDE OF THE DAY.)

Top Rated Tuna. Ocean Wise Approved British Columbia – US West Coast Tuna mixed with fresh dill, roasted red peppers, mayo, topped with mixed greens on multi grain bread **\$9.99.**

Chicken Caesar Wrap. Romaine, mushrooms, sundried tomatoes, with our Seven Shores Caesar dressing and our local free run chicken breast **\$9.99.**

Hearty Chicken on a Kaiser. Marinated local free run chicken breast, mixed greens, mayo, mustard, tomato and a slice of old Cheddar **\$9.99.**

Mile High Pastrami on Rye. Pastrami, sauerkraut, Swiss cheese and mustard on rye bread **\$9.99.**

TRAMEZZINOS.

Italian for Grilled Sandwich using sliced bread.

(COMES WITH FRESH SIDE OF THE DAY.)

Roasted Red Pepper Tramezzino. Red pepper pesto, roasted red peppers, sautéed onions, avocado, spinach, goat cheese on rye **\$9.99.**

Trio Cheese Tramezzino. Honey, tomato, basil, Cheddar, Gouda and Havarti on multi-grain **\$9.99.**

Mediterranean Chicken Tramezzino. Basil, sautéed onions, chicken, tomato, black olives, spinach and feta on multi-grain **\$9.99.**

**Take-Out Any Above Sandwich For Only \$8 Tax In
On Its Own, Or Pay Regular Price With
Side Of The Day.**

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HOT BEVERAGES.

ORGANIC MILK CHOICES: WHOLE, 2%, SKIM, SOY & ALMOND.

(HST not included in prices.)

In House Direct Trade	Americano. \$2.61.
Coffee. \$2.21 (includes refill).	Espresso. \$2.48.
Decaf Coffee	Cappuccino. \$3.41.
Americano. \$2.61.	Mochaccino \$3.85.
Take-Out Coffee.	Latte. Med. \$3.76. Lg. \$4.38.
Sm.\$1.68. Med. \$1.99. Lg. \$2.61.	Chai Latte. \$3.76.
Loose Leaf Tea. \$2.30.	

Flavour Shots. \$0.50. See Feature Chalkboard for seasonal offerings.

Hot Chocolate. Sm.\$2.92. Med.\$3.41. Lg.\$4.20.

COLD BEVERAGES.

SMOOTHIES.

FEATURING LOCAL SEASONAL FRUITS AND VEGETABLES.

(PRE-PAY FOR 5 SMOOTHIES & RECEIVE 15% OFF.)

12oz \$3.99. 20oz \$6.99. 32oz \$11.99.

Berry Explosion. Apple Juice, Strawberries, and Blueberries.

Green Monkey. Orange Juice, Banana, Spinach.

Island Breeze. Mango Juice, Pineapple, Banana.

SUPER-POWER SMOOTHIES.

(WITH YOUR CHOICE OF BOOSTER - SEE BLACKBOARD.)

12oz \$4.99. 20oz \$7.99. 32oz \$12.99.

Anti-Oxidant Head Rush.

Orange Juice, Spinach, Banana, Raspberries.

Tropical Sweet N' Complete.

Carrot Juice, Mango Juice, Pineapple, Banana, Almonds.

Back to Life Energizer.

Coconut Water, Pomegranate, Banana, Blueberries.

Caffeine Kick Starter.

Espresso Shot, Dark Cocoa, Banana, Milk Choice, Cinnamon.

THANK YOU TO SOME OF OUR LOCAL FARMERS AND SUPPLIERS.

Martin's Family Fruit Farm.
Barrie's Asparagus.
Floralane Elmira's Own Tomatoes.
Timbers at Wilby.
Grainharvest Bread House.
Henry's Tempeh.
Nauman's Farm.
Brubacher's Farm.
Country Flavour.
Martin's Maple Syrup & Preserves.
MountainOak Cheese.
Stemmler's Meat & Cheese.
Nith Valley Apiaries.
Hacienda Sarria Market Garden.
Pfenning's Organic Farm.
Knechtel's Organic Farm.
OakManor Organic Farm.
Poultry Place.
Harmony Organic Milk.
Cocoa Camino.
Social Coffee & Tea Co.

