

HOT DRINKS

CLASSIC

		Price	Cals
ESPRESSO	Single	2.95	5
	Single Long	2.95	5
	Double	3.45	10
	Double Long	3.45	10

		Price	Cals
MACCHIATO	Single	3.25	10
	Single Long	3.25	10
	Double	3.75	20
	Double Long	3.75	20

		Price	Cals
AMERICANO decaf available	XS	3.55	7
	S	3.75	10
	M	4.25	10
	L	4.55	15

		Price	Cals
CAPPUCCINO	XS	4.35	110
	S	4.65	160
	M	5.15	220
	L	5.65	280

		Price	Cals
BREWED house or dark roast	XS	2.55	3
	S	2.75	4
	M	2.95	5
	L	3.25	5

		Price	Cals
CORTADO	XS	4.35	70

LATTES

		Price	Cals
LATTE	XS	4.45	120
	S	4.85	180
	M	5.35	240
	L	5.85	320

		Price	Cals
CHAI LATTE	XS	4.95	170
	S	5.15	260
	M	5.65	360
	L	6.15	460

		Price	Cals
HAZELNUT LATTE	XS	4.95	220
	S	5.15	330
	M	5.65	420
	L	6.15	530

		Price	Cals
MATCHA LATTE	XS	4.95	180
	S	5.15	270
	M	5.65	380
	L	6.15	460

		Price	Cals
LONDON FOG	XS	4.95	110
	S	5.15	170
	M	5.65	250
	L	6.15	330

SIGNATURES

		Price	Cals
AROMA COFFEE espresso, chocolate squares, steamed milk, whipped cream, cocoa	XS	5.15	200
	S	5.45	300
	M	5.95	460
	L	6.45	570

		Price	Cals
HOT CHOCOLATE chocolate squares, steamed milk, cocoa	XS	5.15	300
	S	5.45	450
	M	5.95	600
	L	6.45	800
add marshmallow		0.95	70

		Price	Cals
MOCHA espresso, chocolate squares, steamed milk, cocoa	XS	5.15	220
	S	5.45	330
	M	5.95	450
	L	6.45	560

		Price	Cals
SEASONAL HOT APPLE CIDER served with cinnamon stick, dried apple ring	XS	4.45	110
	S	4.95	160
	M	5.55	210
	L	6.15	260

TEAS

		Price	Cals
BLACK	ORGANIC BREAKFAST traditional English breakfast blend		
	EARL GREY ceylon tea with bergamot		

HERBAL & CAFFEINE-FREE

		Price	Cals
LEMON VERBENA & CHAMOMILE passion flower, lemon balm, chamomile, lemon verbena and orange			
	GINGER & LEMONGRASS lemon peel and ginger blend with lemongrass and cinnamon		

GREEN

		Price	Cals
ORGANIC GREEN SENCHA pure, steamed Japanese sencha leaves	S	2.95	0 Cals
	M	2.95	0 Cals
	L	3.45	0 Cals



AROMA SPECIALTIES

		Price	Cals
FRESH MINT TEA fresh mint leaves, steeped in hot water	S	2.95	0
	M	2.95	0
	L	3.45	0

		Price	Cals
GINGER TURMERIC HOT ICED cold-pressed ginger, turmeric and lemon juice, naturally-sweetened with honey and cinnamon	S	6.45	50
	M	7.25	50

COLD DRINKS

BLENDED

		Price	Cals
ICE AROMA	M	6.45	380
	L	6.95	480

		Price	Cals
ICE AROMA LIGHT	M	6.45	200
	L	6.95	250

		Price	Cals
ICE CHOCOLATE	M	6.45	400
	L	6.95	490

		Price	Cals
ICE HAZELNUT	M	6.45	410
	L	6.95	500

		Price	Cals
ICE LEMON MINT	M	6.45	110
	L	6.95	140

OVER ICE

		Price	Cals
ICED BREWED	M	3.95	4
	L	4.45	5

		Price	Cals
ICED AMERICANO decaf available	M	4.45	10
	L	4.75	15

		Price	Cals
BERRY ICED TEA LEMONADE	M	5.25	80
	L	5.75	100

		Price	Cals
BERRY ICED TEA HOUSE-BREWED	M	4.25	0
	L	4.75	0

FRUIT SMOOTHIES

		Price	Cals
ICED LATTE	M	5.35	200
	L	5.85	260

		Price	Cals
ICED CHAI LATTE	M	5.65	280
	L	6.15	370

		Price	Cals
ICED MATCHA LATTE	M	5.65	280
	L	6.15	350

		Price	Cals
MANGO	M	7.45	260
	L	7.95	350

		Price	Cals
STRAWBERRY SORBET	M	7.45	230
	L	7.95	310

		Price	Cals
MANGO & KALE	M	7.95	270
	L	8.45	360

		Price	Cals
STRAWBERRIES & CREAM	M	7.95	310
	L	8.45	400

add SHOTS — **ESPRESSO SHOT:** 1.25 / 5 Cals | **FLAVOUR SHOT:** 1.00 / 40-150 Cals | **SUGAR-FREE FLAVOUR SHOT:** 1.00 / 0 Cals
NON DAIRY — **SOY MILK:** 1.05 / less 20-110 Cals | **OAT MILK:** 1.05 / less 20-110 Cals | **ALMOND MILK:** 1.05 / less 50-260 Cals
DAIRY — **LACTOSE-FREE MILK:** 1.05 / less 10-60 Cals | **FRESHLY WHIPPED CREAM:** 1.25 / 50 Cals

aroma
espresso bar

BREAKFAST served all day

AROMA POWERBREAKFAST two eggs (any style), choice of freshly-baked bread, cream cheese, house-made avocado spread and Kalamata olives, served with side salad and lemon vinaigrette (add 260 Cals)
15.45 | 700 Cals

AVOCADO TOAST BREAKFAST house-made avocado spread, a sunny-side-up egg, sliced almonds, alfalfa sprouts and chili flakes on choice of toast, served with side salad and lemon vinaigrette (add 260 Cals)
15.25 | 460 Cals

SHAKSHUKA two sunny-side-up eggs in a hearty tomato and red pepper stew, choice of freshly-baked bread, served with lemon tahini (add 160 Cals)
15.25 | 510 Cals

CLASSIC BREAKFAST two eggs (any style), turkey bacon, choice of freshly-baked bread, butter and jam
8.85 | 510 Cals

BUREKA TREAT savoury Bulgarian pastry with feta cheese, hard-boiled egg, tomato, pickle, lemon tahini
8.45 | 860 Cals

FIG & GOAT CHEESE CROISSANT fig jam, goat cheese, arugula, grilled red onion, and maple balsamic vinaigrette
8.25 | 490 Cals

EGG & CHEESE CROISSANT omelette and havarti cheese
7.65 | 510 Cals
add turkey bacon
2.45 | add 30 Cals

SOUPS

LENTIL PARSLEY our classic lentil soup with fresh parsley, served with grated Grana Padano cheese
9.65 | 250 Cals

TOMATO KALE  tomato soup with shredded kale, served with garlic-toasted sunflower seeds
9.25 | 190 Cals

PUMPKIN CAULIFLOWER pumpkin, carrot and sweet potato purée with roasted cauliflower and fresh chives, served with honey-roasted pumpkin seeds and lemon tahini (add 160 Cals)
10.25 | 335 Cals

BOWLS

ROASTED CAULIFLOWER & TZAZIKI roasted cauliflower and sweet potato with green peas, quinoa, honey-roasted pumpkin seeds, arugula, dill and tzatziki, served with lemon vinaigrette (add 260 Cals)
17.25 | 690 Cals

MEDITERRANEAN-SPICED CHICKEN grilled chicken seasoned with za'atar and garlic, sautéed roasted red pepper and red onion, brown rice and quinoa blend, lentils, tomato, cucumber, pickle, parsley, tzatziki and lemon wedge
18.85 | 540 Cals

GRILLED CHICKEN & HUMMUS grilled chicken and hummus with sautéed kale, brown rice and quinoa blend, feta cheese, pickled turnip, and lemon wedge served with za'atar vinaigrette (add 190 Cals)
18.85 | 440 Cals

SALADS add grilled chicken or tuna / other proteins available

THE AROMA mixed greens, hard-boiled egg, tomato, cucumber, red onion, Kalamata olives and choice of feta cheese or tuna, served with za'atar vinaigrette (add 190 Cals) or maple balsamic vinaigrette (add 250 Cals)
14.25 | w/ feta: 190 Cals | w/ tuna: 210 Cals

MEDITERRANEAN PASTA whole-wheat rotini, arugula, roasted red pepper, red onion, Kalamata olives, fresh basil, feta cheese and green peas, served with lemon vinaigrette (add 260 Cals)
15.95 | 480 Cals

GRILLED HALLOUMI & SWEET POTATO grilled halloumi cheese, roasted sweet potatoes, arugula, lentils, fresh basil, sesame seeds and honey-roasted pumpkin seeds, served with maple balsamic vinaigrette (add 250 Cals)
16.45 | 450 Cals

SIDE SALADS

GREEN arugula, feta cheese and honey-roasted pumpkin seeds, served with lemon vinaigrette (add 260 Cals)
7.25 | 90 Cals

KALE CHICKEN CAESAR shredded kale, tossed with house-made Caesar dressing, topped with grilled chicken breast, grated Grana Padano cheese, house-baked garlic croutons, and lemon wedge
18.45 | 600 Cals

KALE & AVOCADO POWER shredded kale with lemon vinaigrette, quinoa, sliced avocado, hard-boiled egg, feta cheese, chives and honey-roasted pumpkin seeds, served with lemon tahini (add 160 Cals)
15.45 | 570 Cals

GREEK CHICKPEA fresh mix of chickpeas, tomatoes, cucumber, parsley and za'atar vinaigrette with red onion, Kalamata olives, feta, and sliced avocado, served on romaine lettuce with lemon tahini (add 160 Cals)
14.25 | 340 Cals

VEGAN  arugula, roasted sweet potato, roasted red pepper and garlic-toasted sunflower seeds, served with lemon vinaigrette (add 260 Cals)
7.25 | 100 Cals

SANDWICHES on freshly-baked bread, croissant and gluten-free option available

BREAKFAST omelette, parsley, cream cheese, lettuce, tomato, pickle
 Personal **7.45 | 260 Cals**
 Whole **13.40 | 520 Cals**

MEDITERRANEAN GRILLED HALLOUMI grilled halloumi cheese, house-made avocado spread, parsley, pickle, sun-dried tomato pesto
 Personal **8.45 | 370 Cals**
 Whole **15.40 | 740 Cals**

GRILLED CHICKEN & AVOCADO grilled chicken breast with house-made avocado spread, goat cheese, arugula, roasted red pepper, za'atar mayo
 Personal **9.45 | 390 Cals**
 Whole **17.40 | 780 Cals**

TRY IT ON A CROISSANT
 FOR + 1.50

EGG SALAD classic egg salad, tomato, chives
 Personal **7.45 | 260 Cals**
 Whole **13.40 | 520 Cals**

GRILLED PORTOBELLO & HUMMUS grilled portobello mushrooms, hummus, sun-dried tomato pesto, feta cheese, alfalfa sprouts, fresh basil
 Personal **8.45 | 330 Cals**
 Whole **15.40 | 660 Cals**

SMOKED SALMON smoked salmon, cream cheese, lettuce, tomato, red onion
 Personal **9.45 | 190 Cals**
 Whole **17.40 | 380 Cals**


TUNA SALAD tuna salad with roasted red pepper, pickle, Kalamata olives and parsley, served with arugula, pickle, red onion, za'atar mayo
 Personal **8.45 | 250 Cals**
 Whole **15.40 | 500 Cals**

TURKEY BLT sliced turkey, turkey bacon, lettuce, tomato, mayonnaise
 Personal **8.45 | 240 Cals**
 Whole **15.40 | 480 Cals**

STEAK & CHEESE MELT grilled steak, sautéed red pepper and onion, havarti cheese, za'atar mayo
 Personal **9.45 | 360 Cals**
 Whole **17.40 | 720 Cals**



*based on personal sized sandwich

VEGETARIAN, VEGAN  AND GLUTEN-FREE OPTIONS AVAILABLE · CALORIES FOR BREAKFAST INCLUDE BREAD AND DRESSING · CALORIE COUNT BASED ON MULTIGRAIN BREAD FOR BREAKFAST AND SANDWICH MENU · SUBSTITUTE WHOLE-WHEAT ADD 10 Cals, WHITE ADD 30 Cals, CROISSANT ADD 170 Cals
add **GRILLED CHICKEN:** 4.95 / 60-100 Cals | **GRILLED STEAK:** 4.95 / 130 Cals | **SMOKED SALMON:** 4.95 / 90 Cals | **TUNA:** 3.95 / 60 Cals
DELI TURKEY: 3.95 / 100 Cals | **TURKEY BACON:** 2.45 / 30 Cals | **AVOCADO:** 2.35 / 90 Cals | **EGG, EGG WHITE:** 2.25 / 20-80 Cals
CHEESE: 1.50-2.75 / 80-140 Cals | **TOFU:** 2.25 / 120 Cals | **VEGGIES:** 1.25-2.35 / 5-30 Cals

adults and children (13 years and older) need an average of 2,000 calories a day. children (4 to 12 years) need an average of 1,500 calories a day (individual needs vary)
 MENU ITEMS AND PRICES MAY VARY BY LOCATION | PRODUCTS ARE PREPARED IN A FACILITY WHERE ALLERGENS ARE PRESENT | **AROMACAFE.CA** | **2023.V1**

aroma
 espresso bar