

# HOT DRINKS

## CLASSIC

		Price	Cals
<b>ESPRESSO</b>	Single	2.55	5
	Single Long	2.55	5
	Double	2.95	10
	Double Long	2.95	10
<b>MACCHIATO</b>	Single	2.65	10
	Single Long	2.65	10
	Double	3.05	20
	Double Long	3.05	20
<b>AMERICANO</b> decaf available	XS	3.15	7
	S	3.45	10
	M	3.75	10
	L	3.95	15
<b>CAPPUCCINO</b>	XS	3.95	110
	S	4.25	160
	M	4.95	220
	L	5.45	280
<b>BREWED</b> house or dark roast	XS	2.15	3
	S	2.45	4
	M	2.75	5
	L	2.95	5
<b>CORTADO</b>	XS	3.95	70

## LATTES

		Price	Cals
<b>LATTE</b>	XS	3.95	120
	S	4.25	180
	M	4.95	240
	L	5.45	320
<b>CHAI LATTE</b>	XS	4.25	170
	S	4.75	260
	M	5.35	360
	L	5.75	460
<b>HAZELNUT LATTE</b>	XS	4.35	220
	S	4.65	330
	M	5.25	420
	L	5.65	530
<b>MATCHA LATTE</b>	XS	4.65	180
	S	4.95	270
	M	5.35	380
	L	5.75	460
<b>LONDON FOG</b>	XS	4.35	110
	S	4.65	170
	M	5.25	250
	L	5.75	330

## SIGNATURES

		Price	Cals
<b>AROMA COFFEE</b> espresso, chocolate squares, steamed milk, whipped cream, cocoa	XS	4.65	200
	S	4.95	300
	M	5.55	460
	L	5.95	570
<b>HOT CHOCOLATE</b> chocolate squares, steamed milk, cocoa  add marshmallow	XS	4.65	300
	S	4.95	450
	M	5.45	600
	L	5.95	800
<b>MOCHA</b> espresso, chocolate squares, steamed milk, cocoa	XS	4.35	220
	S	4.65	330
	M	5.25	450
	L	5.75	560
<b>SEASONAL HOT APPLE CIDER</b> served with cinnamon stick, dried apple ring	XS	3.95	110
	S	4.15	160
	M	4.55	210
	L	4.95	260

## TEAS

		Price	Cals
<b>BLACK</b>	<b>ORGANIC BREAKFAST</b> traditional English breakfast blend		
	<b>EARL GREY</b> ceylon tea with bergamot		
<b>HERBAL &amp; CAFFEINE-FREE</b>	<b>LEMON VERBENA &amp; CHAMOMILE</b> passion flower, lemon balm, chamomile, lemon verbena and orange		
	<b>GINGER &amp; LEMONGRASS</b> lemon peel and ginger blend with lemongrass and cinnamon		
<b>GREEN</b>	<b>ORGANIC GREEN SENCHA</b> pure, steamed Japanese sencha leaves		
	S	2.65	0 Cals
	M	2.65	0 Cals
	L	2.95	0 Cals



## AROMA SPECIALTIES

**FRESH MINT TEA**  
fresh mint leaves, steeped in hot water

	Price	Cals
S	2.65	0
M	2.65	0
L	2.95	0

**HOT OR ICED GINGER TURMERIC**

cold-pressed ginger and turmeric with honey, lemon and cinnamon

with sparkling water

	Price	Cals
S	4.95	50
M	5.95	50



# COLD DRINKS

## BLENDED

		Price	Cals
<b>ICE AROMA</b>	M	5.45	380
	L	5.95	480
<b>ICE AROMA LIGHT</b>	M	5.45	200
	L	5.95	250
<b>ICE CHOCOLATE</b>	M	5.45	400
	L	5.95	490
<b>ICE HAZELNUT</b>	M	5.45	410
	L	5.95	500
<b>ICE LEMON MINT</b>	M	4.95	110
	L	5.45	140

## OVER ICE

		Price	Cals
<b>ICED BREWED</b>	M	3.45	4
	L	3.95	5
<b>ICED AMERICANO</b>	M	3.65	10
	L	4.15	15
<b>BERRY ICED TEA LEMONADE</b>	M	4.45	80
	L	4.95	100
<b>BERRY ICED TEA HOUSE-BREWED</b>	M	3.35	0
	L	3.75	0

## FRUIT SMOOTHIES

		Price	Cals
<b>ICED LATTE</b>	M	4.95	200
	L	5.45	260
<b>ICED CHAI LATTE</b>	M	5.35	280
	L	5.75	370
<b>ICED MATCHA LATTE</b>	M	5.35	280
	L	5.75	350

## FRUIT SMOOTHIES

		Price	Cals
<b>MANGO</b>	M	5.95	260
	L	6.45	350
<b>MIXED BERRY</b>	M	5.95	260
	L	6.45	350
<b>MANGO &amp; KALE</b>	M	6.45	270
	L	6.95	360
<b>MIXED BERRY &amp; MINT</b>	M	6.45	270
	L	6.95	360

add **SHOTS** — **ESPRESSO SHOT:** 0.95 / 5 Cals | **FLAVOUR SHOT:** 0.70 / 40-150 Cals | **SUGAR-FREE FLAVOUR SHOT:** 0.70 / 0 Cals  
**NON DAIRY** — **SOY MILK:** 0.80 / less 20-110 Cals | **OAT MILK:** 0.80 / less 20-110 Cals | **ALMOND MILK:** 0.80 / less 50-260 Cals  
**DAIRY** — **LACTOSE-FREE MILK:** 0.80 / less 10-60 Cals | **FRESHLY WHIPPED CREAM:** 0.60 / 50 Cals

**aroma**  
espresso bar

# BREAKFAST

served all day

## AROMA POWERBREAKFAST

2 eggs (any style), mixed greens, tomato, cucumber, carrot, Kalamata olives, feta cheese, cream cheese, house-made avocado spread and bread, served with maple balsamic vinaigrette

11.95 | 910 Cals

**SHAKSHUKA** 2 sunny-side-up eggs in a warm red pepper and tomato stew, served with lemon tahini and bread

11.95 | 640 Cals

**AROMA HASH** sautéed sweet potato, red pepper, portobello and red onion on arugula, with toast and 2 sunny-side-up eggs, served with za'atar, Greek yogurt, pure maple syrup and lemon vinaigrette

10.95 | 680 Cals

**AVOCADO TOAST** house-made avocado spread, chili flakes, sliced almonds and a sunny-side-up egg, served with side salad

9.95 | 635 Cals

**CLASSIC BREAKFAST** 2 eggs (any style), turkey bacon, bread, butter, jam

6.95 | 520 Cals

**STEEL-CUT OATMEAL** fresh blueberries, sliced almonds and pure maple syrup

5.95 | 230 Cals

## EGG & CHEESE CROISSANT

omelette, havarti cheese

5.95 | 490 Cals

add turkey bacon  
1.95 | add 40 Cals

## FIG & CHEESE CROISSANT

fig jam, goat cheese, arugula, grilled red onion, and maple balsamic vinaigrette

6.95 | 430 Cals

# SOUPS

**LENTIL PARSLEY** our classic lentil soup with fresh parsley and parmesan cheese

8.95 | 250 Cals

**PUMPKIN CAULIFLOWER** pumpkin, carrot and sweet potato purée with roasted cauliflower, lemon tahini drizzle, fresh chives and honey-roasted pumpkin seeds

8.95 | 390 Cals

**TOMATO FREEKEH** puréed tomato soup with ancient grains (freekeh, black quinoa, sprouted brown rice), Greek yogurt, shredded kale and garlic-toasted sunflower seeds

8.95 | 250 Cals

# BOWLS

**MEDITERRANEAN-SPICED CHICKEN & GRAIN** grilled chicken, seasoned with za'atar and garlic, sautéed roasted red pepper and red onion, ancient grains (freekeh, black quinoa, sprouted brown rice), lentils, tomato, cucumber and pickle, served with Greek yogurt and lemon vinaigrette

14.95 | 860 Cals

**BRAISED BEEF & ROASTED CAULIFLOWER** braised beef, roasted cauliflower, ancient grains (freekeh, black quinoa, sprouted brown rice), with shredded kale, roasted red peppers, green peas and Greek yogurt

14.95 | 580 Cals



**ADD SOUP TO ANY SANDWICH\* FOR 7.50**

**ADD SIDE SALAD TO ANY SANDWICH\* OR ANY SOUP FOR 5.00**

**COMBO OFFERS**

\*excludes: Power Burger, Bureka Treat, Grilled Cheese

# 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)

10.95 | 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)

11.95 | 480 Cals

**LENTIL & PEA PROTEIN** lentils, green peas, sliced almonds, cucumbers, arugula, feta cheese, fresh mint and avocado, served with za'atar vinaigrette (add 190 Cals)

10.95 | 350 Cals

**KALE & AVOCADO POWER** massaged green kale, quinoa, avocado, hard-boiled egg, feta cheese, chives and honey-roasted pumpkin seeds, served with lemon tahini dressing (add 160 Cals)

12.95 | 570 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)

12.95 | 450 Cals

**GRAPE & GRAINS** arugula, red grapes, ancient grains (freekeh, sprouted brown rice & black quinoa), goat cheese, garlic-toasted sunflower seeds and fresh mint, served with maple balsamic vinaigrette (add 250 Cals)

12.95 | 380 Cals

**SIDE SALAD** arugula, feta cheese and honey-roasted pumpkin seeds, served with lemon vinaigrette (add 260 Cals)

5.95 | 90 Cals

**VEGAN SIDE SALAD** arugula, roasted sweet potato, roasted red pepper and garlic-toasted sunflower seeds, served with lemon vinaigrette (add 260 Cals)

5.95 | 100 Cals



# SANDWICHES

gluten free option available

**BREAKFAST** omelette, parsley, cream cheese, lettuce, tomato, pickle  
Personal 5.95 | 250 Cals  
Whole 9.95 | 500 Cals

**EGG SALAD** classic egg salad, tomato, chives  
Personal 5.95 | 300 Cals  
Whole 9.95 | 600 Cals

**AVOCADO** house-made avocado spread, hard-boiled egg, tomato, red onion, pickled jalapeño  
Personal 5.95 | 260 Cals  
Whole 9.95 | 520 Cals

**TUNA SALAD** tuna salad with roasted red peppers, red onion, pickle, Kalamata olives and parsley, served with arugula, pickle, za'atar mayo  
Personal 6.95 | 310 Cals  
Whole 11.95 | 620 Cals

**GRILLED PORTOBELLO** grilled portobello, sun-dried tomato pesto, feta cheese, fresh basil  
Personal 6.95 | 290 Cals  
Whole 11.95 | 580 Cals

**TURKEY BLT** sliced turkey, turkey bacon, lettuce, tomato, mayonnaise  
Personal 6.95 | 270 Cals  
Whole 11.95 | 540 Cals

**GRILLED CHICKEN & AVOCADO** grilled chicken breast with house-made avocado spread, goat cheese, arugula, roasted red pepper, za'atar mayo  
Personal 7.95 | 390 Cals  
Whole 13.95 | 780 Cals

**SMOKED SALMON** smoked salmon, cream cheese, lettuce, tomato, red onion  
Personal 7.95 | 350 Cals  
Whole 13.95 | 700 Cals

**STEAK & CHEESE MELT** grilled steak, sautéed red pepper and onion, havarti cheese, za'atar mayo  
Personal 7.95 | 360 Cals  
Whole 13.95 | 720 Cals

**POWER BURGER** sun-dried tomato pesto, mustard, arugula, sautéed portobello, red onion and house-made avocado spread, served with side salad  
15.95 | 990 Cals



**BUREKA TREAT** savoury Bulgarian pastry with feta cheese, hard-boiled egg, tomato, pickle, lemon tahini  
6.95 | 870 Cals

**GRILLED CHEESE** grilled cheese served with cucumber and carrot sticks, sliced pickle and red grapes  
\*comes with fresh apple & lemon juice (add 150 Cals)  
9.95 | 450 Cals



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 30 Cals, WHITE ADD 40 Cals

add **GRILLED CHICKEN:** 3.95 / 60-100 Cals | **GRILLED STEAK:** 3.95 / 130 Cals | **SMOKED SALMON:** 3.95 / 90 Cals | **TUNA:** 2.95 / 60 Cals  
**SIDE TURKEY BACON:** 2.95 / 70 Cals | **SLICED TURKEY:** 2.95 / 100 Cals | **TURKEY BACON:** 1.95 / 35 Cals | **AVOCADO:** 1.95 / 90 Cals  
**EGG, EGG WHITE:** 1.95 / 20-80 Cals | **CHEESE:** 0.95-1.95 / 80-140 Cals | **TOFU:** 0.95 / 120 Cals | **VEGGIES:** 0.95 / 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 | 2020.V1

aroma  
espresso bar