

# HOT DRINKS

## CLASSIC

		Price	Cals
<b>ESPRESSO</b>	Single	2.95	5
	Single Long	2.95	5
	Double	3.45	10
	Double Long	3.45	10

		Price	Cals
<b>MACCHIATO</b>	Single	3.25	10
	Single Long	3.25	10
	Double	3.75	20
	Double Long	3.75	20

		Price	Cals
<b>AMERICANO</b> decaf available	XS	3.65	7
	S	3.85	10
	M	4.35	10
	L	4.65	15

		Price	Cals
<b>CAPPUCCINO</b>	XS	4.65	110
	S	4.95	160
	M	5.45	220
	L	5.95	280

		Price	Cals
<b>BREWED</b> house or dark roast	XS	2.65	3
	S	2.85	4
	M	3.05	5
	L	3.35	5

		Price	Cals
<b>CORTADO</b>	XS	4.35	70

## LATTES

		Price	Cals
<b>LATTE</b>	XS	4.65	120
	S	4.95	180
	M	5.45	240
	L	5.95	320

		Price	Cals
<b>CHAI LATTE</b>	XS	4.95	170
	S	5.25	260
	M	5.75	360
	L	6.25	460

		Price	Cals
<b>HAZELNUT LATTE</b>	XS	4.95	220
	S	5.25	330
	M	5.75	420
	L	6.25	530

		Price	Cals
<b>MATCHA LATTE</b>	XS	4.95	180
	S	5.25	270
	M	5.75	380
	L	6.25	460

		Price	Cals
<b>LONDON FOG</b>	XS	4.95	110
	S	5.25	170
	M	5.75	250
	L	6.25	330

## SIGNATURES

		Price	Cals
<b>AROMA COFFEE</b> espresso, chocolate squares, steamed milk, whipped cream, cocoa	XS	5.35	200
	S	5.65	300
	M	5.95	460
	L	6.45	570

		Price	Cals
<b>HOT CHOCOLATE</b> chocolate squares, steamed milk, cocoa	XS	5.35	300
	S	5.65	450
	M	5.95	600
	L	6.45	800
add marshmallow		0.95	70

		Price	Cals
<b>MOCHA</b> espresso, chocolate squares, steamed milk, cocoa	XS	5.35	220
	S	5.65	330
	M	5.95	450
	L	6.45	560

		Price	Cals
<b>SEASONAL APPLE CIDER</b> 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
<b>BLACK</b>	<b>ORGANIC BREAKFAST</b> traditional English breakfast blend		
	<b>EARL GREY</b> ceylon tea with bergamot		

## HERBAL & CAFFEINE-FREE

		Price	Cals
<b>BERRY</b> blend of elderberry, currant, hibiscus, strawberry and rose			
	<b>GINGER &amp; LEMONGRASS</b> lemon peel and ginger blend with lemongrass and cinnamon		

## GREEN

**ORGANIC GREEN SENCHA**  
pure, steamed Japanese sencha leaves

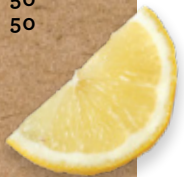
S	2.95	0 Cals
M	2.95	0 Cals
L	3.45	0 Cals



# AROMA SPECIALTIES

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

		Price	Cals
<b>GINGER TURMERIC</b> 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
<b>ICE AROMA</b>	M	6.45	380
	L	6.95	480

		Price	Cals
<b>ICE AROMA LIGHT</b>	M	6.45	200
	L	6.95	250

		Price	Cals
<b>ICE CHOCOLATE</b>	M	6.45	400
	L	6.95	490

		Price	Cals
<b>ICE HAZELNUT</b>	M	6.45	410
	L	6.95	500

		Price	Cals
<b>ICE LEMON MINT</b>	M	6.45	110
	L	6.95	140

## OVER ICE

		Price	Cals
<b>ICED BREWED</b>	M	3.95	4
	L	4.45	5

		Price	Cals
<b>ICED AMERICANO</b> decaf available	M	4.45	10
	L	4.75	15

		Price	Cals
<b>BERRY ICED TEA LEMONADE</b>	M	5.25	80
	L	5.75	100

		Price	Cals
<b>BERRY ICED TEA HOUSE-BREWED</b>	M	4.25	0
	L	4.75	0

## SIGNATURES

		Price	Cals
<b>ICED LATTE</b>	M	5.45	200
	L	5.95	260

		Price	Cals
<b>ICED CHAI LATTE</b>	M	5.75	280
	L	6.25	370

		Price	Cals
<b>ICED MATCHA LATTE</b>	M	5.75	280
	L	6.25	350

		Price	Cals
<b>ICED HAZELNUT LATTE</b>	M	5.75	300
	L	6.25	360

## FRUIT SMOOTHIES

		Price	Cals
<b>MANGO</b>	M	7.45	260
	L	7.95	350

		Price	Cals
<b>STRAWBERRY SORBET</b>	M	7.45	230
	L	7.95	310

		Price	Cals
<b>MANGO &amp; KALE</b>	M	7.95	270
	L	8.45	360

		Price	Cals
<b>STRAWBERRIES &amp; CREAM</b>	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

adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (4 to 12 years) need an average of 1,500 calories a day. However, individual needs may vary. MANY OF OUR PRODUCTS CONTAIN ALLERGENS. THEREFORE, WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE ALLERGEN-FREE. | [AROMAESPRESSO.BAR.CA](http://AROMAESPRESSO.BAR.CA) | 2024.V1

# BREAKFAST home fries available

**AROMA POWERBREAKFAST** two eggs (any style), choice of freshly-baked bread, cream cheese, house-made avocado spread and Kalamata olives  
**15.45 | 630 Cals**  
*choice of side salad or home fries*

**AVOCADO TOAST BREAKFAST** house-made avocado spread, a sunny-side-up egg, sliced almonds, alfalfa sprouts on choice of toast  
**15.25 | 380 Cals**  
*choice of side salad or home fries*

**CLASSIC BREAKFAST** two eggs (any style), turkey bacon, freshly-baked bread, butter and jam  
**8.85 | 530 Cals**  
*add home fries*  
**2.75 | add 130 Cals**  
*add tzatziki*  
**1.50 | add 90 Cals**

**POWER OATMEAL** unsweetened oats, almonds, coconut, dried fruit (blueberries, cranberries, dates)  
**4.45 | 300 Cals**

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

**EGG & CHEESE CROISSANT** omelette and havarti  
**7.65 | 510 Cals**

**EGG, CHEESE & TURKEY BACON CROISSANT** omelette, turkey bacon and havarti  
**10.10 | 540 Cals**

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

**TURKEY & CHEESE CROISSANT** sliced turkey and havarti  
**8.35 | 420 Cals**

# SOUPS

**LENTIL PARSLEY** classic lentil soup with fresh parsley, with grated Grana Padano cheese  
**9.65 | 280 Cals**

**PUMPKIN CAULIFLOWER** pumpkin, carrot and sweet potato purée with roasted cauliflower and fresh chives, with honey-roasted pumpkin seeds and lemon tahini (add 160 Cals)  
**10.25 | 200 Cals**

## IN A CUP

**LENTIL**  hearty lentil soup  
**7.45 | 260 Cals**

**PUMPKIN**  pumpkin, carrot and sweet potato purée  
**7.45 | 140 Cals**



ADD SOUP TO ANY SANDWICH FROM **5.95**

## COMBO OFFERS

ADD SIDE SALAD TO ANY SANDWICH OR ANY SOUP FOR **5.75**



# BOWLS

**ROASTED CAULIFLOWER & TZATZIKI** roasted cauliflower and sweet potato with green peas, quinoa, honey-roasted pumpkin seeds, arugula, dill and tzatziki, 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, pickled turnip, and lemon wedge 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 or tuna, with za'atar vinaigrette (add 190 Cals) or maple balsamic vinaigrette (add 250 Cals)  
**14.25 | w/ feta: 190 Cals | w/ tuna: 210 Cals**

**GRILLED CHICKEN CAESAR** romaine, grilled chicken breast, Grana Padano, and house-baked garlic croutons, lemon wedge, with house-made Caesar dressing (add 220 Cals)  
**16.45 | 290 Cals**

**FRESH FEAST** romaine, hummus, lentils, cucumbers, feta, pickle, and garlic-toasted sunflower seeds, with lemon tahini (add 160 cals)  
**12.95 | 410 Cals**

**MEDITERRANEAN PASTA** whole-wheat rotini, arugula, roasted red pepper, red onion, Kalamata olives, fresh basil, feta and green peas, 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, with maple balsamic vinaigrette (add 250 Cals)  
**16.45 | 450 Cals**

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

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

## SIDE SALADS

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

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

**CAESAR** romaine, Grana Padano and house-baked garlic croutons, lemon wedge with house-made Caesar dressing (add 220 Cals)  
**7.25 | 80 Cals**

# SANDWICHES on freshly-baked bread / gluten-free option available

**BREAKFAST** omelette, parsley, cream cheese, lettuce, tomato, pickle  
Personal **7.45 | 270 Cals**  
Whole **13.40 | 540 Cals**

**EGG SALAD** classic egg salad, tomato, chives  
Personal **7.45 | 270 Cals**  
Whole **13.40 | 540 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 | 260 Cals**  
Whole **15.40 | 520 Cals**

**MEDITERRANEAN GRILLED HALLOUMI** grilled halloumi cheese, house-made avocado spread, parsley, pickle, sun-dried tomato pesto  
Personal **8.45 | 380 Cals**  
Whole **15.40 | 760 Cals**

**TURKEY BLT** sliced turkey, turkey bacon, lettuce, tomato, mayonnaise  
Personal **8.45 | 250 Cals**  
Whole **15.40 | 500 Cals**

**GRILLED PORTOBELLO & HUMMUS** grilled portobello mushrooms, hummus, sun-dried tomato pesto, feta, alfalfa sprouts, fresh basil  
Personal **8.45 | 340 Cals**  
Whole **15.40 | 680 Cals**

**STEAK & CHEESE MELT** grilled steak, sautéed red pepper and onion, havarti, za'atar mayo  
Personal **9.45 | 370 Cals**  
Whole **17.40 | 740 Cals**

**SMOKED SALMON** smoked salmon, cream cheese, lettuce, tomato, red onion  
Personal **9.45 | 200 Cals**  
Whole **17.40 | 400 Cals**

**GRILLED CHICKEN & AVOCADO** grilled chicken breast with house-made avocado spread, goat cheese, arugula, roasted red pepper, za'atar mayo  
Personal **9.45 | 400 Cals**  
Whole **17.40 | 800 Cals**

## TRY IT ON A CROISSANT

FOR + **1.50 | 160 Cals**



based on personal sized sandwich

VEGETARIAN, VEGAN  AND GLUTEN-FREE OPTIONS AVAILABLE · CALORIE COUNT BASED ON WHOLE-WHEAT BREAD · WHITE ADD 20 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 | **VEGGIES:** 1.25-2.35 / 5-30 Cals | **HOME FRIES:** 2.75 / 130 Cals

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