

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	3.65	7
	S	3.85	10
	M	4.35	10
	L	4.65	15

		Price	Cals
CAPPUCCINO	XS	4.65	110
	S	4.95	160
	M	5.45	220
	L	5.95	280

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

		Price	Cals
CORTADO	XS	4.35	70

LATTES

		Price	Cals
LATTE	XS	4.65	120
	S	4.95	180
	M	5.45	240
	L	5.95	320

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

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

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

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

SIGNATURES

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

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

		Price	Cals
SEASONAL 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
BERRY blend of elderberry, currant, hibiscus, strawberry and rose			
	GINGER & LEMONGRASS 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
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 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

SIGNATURES

		Price	Cals
ICED LATTE	M	5.45	200
	L	5.95	260

		Price	Cals
ICED CHAI LATTE	M	5.75	280
	L	6.25	370

		Price	Cals
ICED MATCHA LATTE	M	5.75	280
	L	6.25	350

		Price	Cals
ICED HAZELNUT LATTE	M	5.75	300
	L	6.25	360

FRUIT SMOOTHIES

		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

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. | AROMAESPRESSOBAR.CA | 2024.V2

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 SALADS add grilled chicken or tuna / other proteins available

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

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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