

HOT DRINKS

CLASSIC

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

LATTES

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

SIGNATURES

		Price	Cals
AROMA COFFEE espresso, chocolate squares, steamed milk, whipped cream, cocoa	XS	4.65	200
	S	4.95	300
	M	5.55	460
	L	5.95	570
HOT CHOCOLATE chocolate squares, steamed milk, cocoa	XS	4.65	300
	S	4.95	450
	M	5.45	600
	L	5.95	800
<i>add marshmallow</i>		0.65	70
MOCHA espresso, chocolate squares, steamed milk, cocoa	XS	4.35	220
	S	4.65	330
	M	5.25	450
	L	5.75	560
SEASONAL HOT APPLE CIDER served with cinnamon stick, dried apple ring	XS	3.95	110
	S	4.15	160
	M	4.55	210
	L	4.95	260

TEAS

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



AROMA SPECIALTIES

		Price	Cals
FRESH MINT TEA fresh mint leaves, steeped in hot water	S	2.65	0
	M	2.65	0
	L	2.95	0

		Price	Cals
HOT OR ICED GINGER TURMERIC cold-pressed ginger and turmeric with honey, lemon and cinnamon	S	4.95	50
	M	5.95	50
	L	5.95	50



COLD DRINKS

BLENDED

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

OVER ICE

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

FRUIT SMOOTHIES

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

FRUIT SMOOTHIES

		Price	Cals
MANGO	M	5.95	260
	L	6.45	350
MIXED BERRY	M	5.95	260
	L	6.45	350
MANGO & KALE	M	6.45	270
	L	6.95	360
MIXED BERRY & MINT	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 two eggs (any style), side salad and choice of toast, served with cream cheese, house-made avocado spread and Kalamata olives
11.95 | 960 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 | 720 Cals

CLASSIC BREAKFAST 2 eggs (any style), turkey bacon, bread, butter, jam
6.95 | 520 Cals

FIG & CHEESE CROISSANT fig jam, goat cheese, arugula, grilled red onion, and maple balsamic vinaigrette
6.95 | 430 Cals

EGG & CHEESE CROISSANT omelette, havarti cheese
5.95 | 490 Cals
 add turkey bacon
1.95 | add 40 Cals

SOUPS

LENTIL PARSLEY our classic lentil soup with fresh parsley and parmesan cheese
8.95 | 250 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

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

BOWLS

ROASTED VEGGIE & TZATZIKI house-roasted cauliflower and sweet potato with green peas, quinoa, honey-roasted pumpkin seeds, fresh arugula, dill and Tzatziki, served with house-made lemon vinaigrette (add 260 Cals)
13.95 | 690 Cals

MEDITERRANEAN-SPICED CHICKEN grilled chicken, seasoned with za'atar spice, sautéed red onion and roasted red pepper, served with ancient grains (freekeh, black quinoa, sprouted brown rice) black lentils, tomato, cucumber, pickle, lemon wedge and Tzatziki
15.95 | 540 Cals

ZESTY CHICKEN & HUMMUS grilled chicken with hummus, sautéed kale, ancient grains (freekeh, black quinoa, sprouted brown rice), feta and pickled turnip, served with house-made za'atar vinaigrette (add 190 Cals)
15.95 | 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)
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

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

KALE CHICKEN CAESAR shredded kale massaged with our house-made Caesar dressing, topped with freshly-grated Grana Padano cheese, grilled chicken breast and house-baked garlic croutons
14.75 | 600 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

GREEK CHICKPEA a savoury mixture of chickpeas, tomatoes, cucumber, fresh parsley, red onion, Kalamata olives, za'atar vinaigrette and feta, nestled on a bed of crisp romaine lettuce, served with sliced avocado and our house-made lemon tahini dressing (add 160 Cals)
10.95 | 340 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**




COMBO OFFERS

ADD SOUP TO ANY SANDWICH* FOR 7.50

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

* excludes: Power Burger, Bureka Treat



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

2021.V1

aroma
 espresso bar