

Karen's Cafe And Gifts



Tearoom, Special Occasions, Crafting  
Breakfast - Lunch - Afternoon Tea

# M E N U

## B R E A K F A S T

01 Full English **\$22.99**

Bacon, sausage, egg, mushrooms,  
tomatoes, beans, fried bread or toast

02 Canadian **\$16.99**

Bacon, sausage, eggs, hash browns,  
toast

03 Omelettes served with toast - white or whole wheat

Cheese **\$19.99**

Vegetable **\$21.99**

peppers, spinach,  
mushrooms, onions.

Loaded **\$22.99**

peppers, spinach,  
mushrooms, onions,  
ham and bacon.

04 Pancakes **\$15.99**

Stack of three

05 Cheese Bun **\$16.99**

With egg, ham, & cheese, hash browns

06 Eggs and Toast **\$10.99**

07 Bagel - Butter **\$3.95**

Add cream cheese (plain,  
strawberry, garlic & herb)  
for \$1.00

08 Cold Cereal **\$6.75**

Multigrain Cheerios or Raisin Bran

09 Fruit Cup **\$8.25**

Seasonal fruits

10 Yogurt, Fruit & **\$9.99**  
Granola (maple or tropical)



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## VEGETARIAN AND GLUTEN FREE

### VEGETARIAN OPTIONS

01 Quesada **\$22.00**

Vegetable  
peppers, spinach,  
mushrooms, onions.

02 Chili &  
Brioche Roll **\$17.99**

03 Wrap **\$22.00**  
White Bean & Vegetable  
spinach, mushrooms,  
peppers, tomatoes, lettuce.

Vegetable **\$21.00**  
spinach, mushrooms,  
peppers, tomatoes, lettuce.

04 Salad **\$19.00**  
Garden with Artichokes **\$23.00**  
Chickpea & Spinach **\$24.00**  
Quinoa chickpea & sweet  
potato salad with curry tahini  
dressing **\$24.00**  
Chickpea & Cranberry Apple

05 Sandwich & Salad

Vegetable **\$22.00**  
cucumbers, peppers,  
tomatoes, lettuce.

Egg salad **\$22.00**

Avocado **\$23.00**

### GLUTEN FREE OPTIONS

01 Sandwich & Salad

Egg Salad **\$22.00**

Avocado **\$23.00**

Vegetable **\$22.00**  
cucumbers, peppers,  
tomatoes, lettuce.

Deli Meats **\$23.00**

Half sandwich &  
salad also available **\$19.00**



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## LUNCH

### 01 Sandwiches **\$22.00**

Egg salad, Tuna salad, Chicken, Cheese & Pickle, Ham, Cucumber & Cream Cheese, Club House, Grilled Cheese. Comes with garden or pasta salad

### 02 Wraps **\$23.00**

Egg salad, Tuna salad, Chicken Caesar and Vegetables. Comes with garden salad or pasta salad

### 03 Croissant **\$23.50**

Egg salad, Tuna salad, Chicken, Cheese, Ham. Comes with garden salad

### 04 Cornish Pastie **\$16.99**

Comes with garden salad

### 05 Quesada **\$22.00**

Cheese, Chicken, Vegetable

### 06 Lasagna **\$24.00**

Comes with garden salad

### 07 Chili **\$16.99**

Comes with brioche rolls

### 08 Quiche **\$22.00**

Comes with salad

### 09 Salads **\$21.00**

Comes with Brioche Rolls (Caesar, Pasta, Garden, Cheese Tortellini)

### 10 Pies

Steak & Kidney with salad **\$18.99**

Steak & Mushroom with salad **\$18.99**

Steak & Guinness with salad **\$19.50**

Chicken & Vegetable with salad **\$18.50**

Chicken Curry with salad **\$18.50**

Vegetarian with salad **\$18.99**

Scotch Pie **\$10.99**



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# M E N U

## TEA MENU

### AFTERNOON TEA MENU

**\$54.95**

Scone with cream and jam  
4 assorted petite sandwiches  
4-5 assorted pastries  
Fruit  
One pot of tea

Vegan and Gluten Free options can be substituted

**\$56.95**

### CHILDREN'S TEA (8 AND UNDER)

**\$29.95**

Jam and Nutella sandwiches  
Ants on a log  
Cookies or square  
Fruit (apples, bananas, orange)  
Apple juice

### SENIOR'S TEA TUESDAY'S

**\$29.95**

Scone with butter and jam  
2 petite sandwiches  
2 assorted dainties  
One pot of tea



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# M E N U

## TEA LIST

**\$6.95 pot or \$3.75 cup**

01 **1894**

A union of bright Ceylon and rich Assam teas, this strong, traditional blend is designed to celebrate and elevate the everyday 'cuppa' tea.

02 **Black Currant**

A blend of rich, smooth black teas enhanced with the zesty essence of black currants.

03 **Spring Green**

A fresh Sencha green tea, with a light blueberry flavour. Dried blueberries and blue cornflower petals make this tea as nice to look at as it is to drink.

04 **Bumbleberry Rooibos**

A luscious, jammy melange of late-harvest berries in a smooth, caffeine-free tisane.

05 **Chamomile**

A caffeine-free, aromatic tisane with an apple-like taste and smell. Wonderfully soothing and fragrant.

06 **Darjeeling Finest**

A harmony of expertly blended Ceylon and Darjeeling black teas from different regions. Darjeeling's muscatel overtone comes through while Ceylon rounds out the strength and body.



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## TEA LIST

**\$6.95 pot or \$3.75 cup**

### 07 Earl Grey

Our Earl Grey is a rich and fragrant blend of fine Ceylon and Keemun black teas, plus Darjeeling and natural bergamot oil for an extra sparkle. We think you'll agree it's one of the world's best.

### 08 English Breakfast

Smooth and complex Keemun tea is perfectly paired with bright, lively Ceylon to create a classic, well-balanced English Breakfast.

### 09 Irish Breakfast

A hearty blend of bright, high-grade Ceylon teas, enhanced by the deep flavours of golden tipped Assam. May be enjoyed plain, or with milk.

### 10 Peppermint

This pure peppermint infusion provides a refreshing boost, without any caffeine jolt!

### 11 Pure Jasmine

A high grade Chinese green tea, traditionally scented using fresh jasmine blossoms.

### 12 Royal Grey

Currants and cream with a twist of bergamot, a modern take on the timeless Earl Grey.



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## CARIBBEAN NIGHT DINNER (FRIDAY - SUNDAY)

### 01 Starter

Patties	<b>\$6.25</b>
Salt fish souse and crackers (salted cod with tomatoes, onions and peppers) water crackers	<b>\$19.99</b>

### 02 Main

Roti:	
• Chick pea and potatoes	<b>\$20.95</b>
• Chicken	<b>\$22.99</b>
• Shrimp	<b>\$24.50</b>
Curried chicken with rice peas and salad	<b>\$28.50</b>
Stewed pork with rice peas and salad	<b>\$28.50</b>
Fried fish with rice peas and salad	<b>\$29.95</b>

### 03 Desert

Rum Cake	<b>\$9.50</b>
Cheesecake	<b>\$11.00</b>
Ice Cream (Vanilla, Chocolate , Mango, Birthday Cake, Seasonal flavours also)	<b>\$5.75</b>



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## D R I N K S

Ting	\$4.50	Lemonade & Iced Tea	\$4.15
Kola champagne, cream soda, ginger beer, pineapple	\$4.25	Sparkling water	\$4.25
Peanut Punch or Malt	\$4.95	Pop (can, assorted)	\$3.00
Sorrel (upon availability)	\$6.50	Non alcoholic mimosa	\$4.25
Cup of coffee	\$3.95	Non alcoholic wine	\$15.00/glass
Apple juice	\$3.95	<ul style="list-style-type: none"><li>• Red</li><li>• White</li><li>• Rosé</li></ul>	
Orange juice	\$4.29	Non alcoholic beer	\$7.75
Cranberry juice	\$4.29	<ul style="list-style-type: none"><li>• Corona</li><li>• Heineken</li></ul>	