

SATURDAY AND SUNDAY

BRUNCH MENU

10:30-3PM

SHAREABLES

ESSENCE CHOP | \$15

Grains, 100km Greens, cucumber, sweet potato, seeds, pickled onions, heirloom tomato, croutons, cilantro ranch, 6 min egg

HASH BRAVO | \$12 | VGO | GF

Plantain, taro, potato hash, suet, serrano sauce, garlic crema, guajillo salsa, cotija cheese

EGGPLANT ROAST | \$20 | GF | VG

Quinoa, roasted pepper salsa

CHILAQUILES | \$15 | GF | ADD EGG: \$3

Tortilla chips, head lettuce, salsas, cotija cheese

FREE RUN EGGS

ONTARIO SCRAMBLE | \$20 | GF

Triple egg, crema, sweet onions, garlic scapes, fiddle heads, green beans, shishito peppers, tortillas

BENNYTOS | \$18 | GF

Poached eggs, refried beans, egg cream, sopes, ontario leaf salad

COMPLETO | \$18 | GF

Fried eggs, chicken tinga, refried beans, heirloom tomatoes, tortillas

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HAND-HELD

With an Ontario leaf salad, garlic balsamic vin

TENOCH SANDO | \$16

Avocado or Bacon

Brioche bun, sunny egg, cheese cheech,
garlic aioli

140 BURGER | \$18 | VG OPTION

Brioche bun, aged beef, cheese cheech,
house ketchup, tomato, lettuce, kettle chips

MUSHROOM MELT | \$16 | VG

Sourdough, cheesy,
mixed mushrooms, avocado

C.L.T | \$16 | VG

Sourdough, corn, lettuce, tomato,
hemp cream

BREAKFAST TACO | \$16 | GF

Mushrooms or tinga

Tortilla, avocado salsa, fried egg

STEAK AND EGG | \$16 | GF

Brioche bun, sunny egg, avocado

SWEET

STRAWBERRY RHUBARB SKILLET CAKE | \$12 | VGO

Corn meal, butter, olive oil, yeast, agave syrup

FLAN | \$6 | GF

Burnt strawberry gel, sea buckthorn, milk, mint oil

BROWNIE | \$6 | GF | VG

Sweet potato/nut base, yoghurt, sesame snow