

★ Almond Butterfly Menu ★

Yes! It's **ALL GLUTEN-FREE!!** 😊 ... & made fresh, *right here!*

MOST ITEMS ARE **DAIRY-FREE**. A LOT ARE **VEGAN**. SOME ARE **PALEO**. LET US KNOW WHAT YOU'RE LOOKING FOR SO THAT WE CAN BETTER ASSIST YOU.

KITCHEN HOURS

Hot breakfast sandwiches, grilled lunch melts, and fresh salads, made to order!

Monday – Saturday: **9 AM – 3 PM**

Sunday: **10 AM – 3 PM**

ALLERGY ALERT! We use a lot of nuts and nut flours in our facility. Please inform us of any allergies you may have prior to ordering. Your safety is our top concern.

TOASTED BREAKFAST SANDWICHES

ALL SERVED ON OUR FRESH, HOMEMADE GLUTEN-FREE BAGEL!

Available until 3 PM. Prep times vary between 5 to 7 minutes.

CREAM CHEESE VEGGIE SANDWICH Available until 3 PM

CREAM CHEESE*, ORGANIC SPINACH, TOMATOES, RED ONION, CUCUMBER... 7.25
ADD HAM, SALAMI, or TURKEY... +3.00

Choose a cream cheese (all made in-house):

→ **PLAIN** or **SULFITE-FREE SUNDRIED TOMATO** or **FRESH DILL & GARLIC**

NEW! **VEGAN CREAM CHEESE VEGGIE SANDWICH** Available until 3 PM

VEGAN BAGEL, with DAIYA SOY-FREE ONION & CHIVE VEGAN CREAM CHEESE,
ORGANIC SPINACH, TOMATOES, RED ONION, CUCUMBER... 8.00

THE A.B. EGG'R! Available until 3 PM

DELI-STYLE HAM, FRESH-CRACKED SCRAMBLED EGG, AGED WHITE CHEDDAR*,
SPINACH, TOMATO, ON A TOASTED, BUTTERED BAGEL... 9.50

EXTRA EGG... +2.00 DOUBLE-MEAT... +3.00

Dairy-free option available. *SUB DAIYA **VEGAN** SOY-FREE CHEDDAR... +0.75

VEGETARIAN EGG-TASTIC! Available until 3 PM

FRESH-CRACKED SCRAMBLED EGG, PESTO, AGED WHITE CHEDDAR*, SPINACH,
TOMATO, ON A TOASTED, BUTTERED BAGEL... 8.50

EXTRA EGG... +2.00 ADD HAM, SALAMI, or TURKEY... +3.00

Dairy-free option available. *SUB DAIYA **VEGAN** SOY-FREE CHEDDAR... +0.75

“DAVE'S FAVE” PROTEIN PACKER! Available until 3 PM

DELI-STYLE TURKEY, FRESH-CRACKED SCRAMBLED EGG, MELTED AGED WHITE
CHEDDAR*, SPINACH, ON A TOASTED, BUTTERED BAGEL... 9.75

Calories: 601 | Protein: 42g | Carbs: 48g | Fat: 27g **Dairy-free option available.**

*SUB DAIYA **VEGAN** SOY-FREE CHEDDAR... +0.75

TOASTED BAGELS

Available all day * Spreads are served on the side after 3 PM.

EARTH BALANCE SOY-FREE VEGAN BUTTER... 3.75 Available all day

NEW! **VEGAN BAGEL AVAILABLE!** Please request one when placing your order.

BUTTER... 3.75 Available all day

CREAM CHEESE ... 5.25 Available all day

Choose a flavor of cream cheese (all made in-house):

→ **PLAIN** or **FRESH DILL & GARLIC** or **SUNDRIED TOMATO (SULFITE-FREE)**

NEW! **VEGAN ONION & CHIVE CREAM CHEESE**... 5.75 Available all day

ALL-NATURAL ALMOND BUTTER (on side)... 4.75 Available all day

HOMEMADE BERRY JAM ... 4.75 Available all day

AGED WHITE BALDERSON CHEDDAR & FRESH DILL... 5.25 * Available until 3 PM

NEW! **VEGAN CHEDDAR & FRESH DILL**... 5.75 * Available until 3 PM

LUNCH SANDWICHES

ALL SERVED ON OUR FRESH, HOMEMADE GLUTEN-FREE BAGEL!

Available until 3 PM. Prep times for vary between 8-12 minutes.

THE “GFT” TURKEY PESTO CHEDDAR MELT Available until 3 PM

DELI-STYLE TURKEY, AGED WHITE CHEDDAR, BASIL PESTO, TOMATO,
SPINACH... 9.50 **Dairy-free option available.** **Vegan/egg-free bagel available.**

*SUB DAIYA **VEGAN** SOY-FREE CHEDDAR... +0.75

HARBORD MELT TURKEY APPLE CHEDDAR MELT Available until 3 PM

GRILLED DELI-STYLE TURKEY BAGEL MELT, with APPLES, & AGED WHITE CHEDDAR*.
SERVED WITH OUR HOMEMADE HONEY MUSTARD DIPPING SAUCE... 9.50

Dairy-free option available. **Vegan/egg-free bagel available.**

*SUB DAIYA **VEGAN** SOY-FREE CHEDDAR... +0.75

CLASSIC HAM & CHEDDAR MELT Available until 3 PM

GRILLED DELI-STYLE HAM AND AGED WHITE CHEDDAR* BAGEL MELT. SERVED WITH
OUR HOMEMADE HONEY MUSTARD DIPPING SAUCE ON THE SIDE ... 9.50

Dairy-free option available. **Vegan/egg-free bagel available.**

*SUB DAIYA **VEGAN** SOY-FREE CHEDDAR... +0.75

SALAMI & SUNDRIED TOMATO SANDWICH Available until 3 PM

DELI STYLE SALAMI, HOUSEMADE SUNDRIED TOMATO CREAM CHEESE*, RED ONION,
FRESH SPINACH, ON OUR FRESH **UNTOASTED** BAGEL (OR TOASTED) ... 9.50

Dairy-free option available. **Vegan/egg-free bagel available.**

*SUB DAIYA **VEGAN** SOY-FREE CHIVE & GARLIC CREAM CHEESE... +0.75

NEW! **PIZZA BAGEL** Available until 3 PM

MARINARA, SAUCE, MELTED AGED CHEDDAR, GRILLED. WHOLE BAGEL, OPEN-FACED.

MEATZA PIZZA! HAM, SALAMI, PEPPERONI... 10.75

PEPPERONI ... 10.00

VEGAN CHEESE SOY-FREE DAIYA CHEDDAR, VEGAN BAGEL ... 9.75

CLASSIC CHEESE ... 9.00

Dairy-free option available. **Vegan/egg-free bagel available.**

*SUB DAIYA **VEGAN** SOY-FREE CHEDDAR... +0.75

HEADS UP! We use **only** SULFITE-FREE / GLUTEN-FREE “Free-From” deli meats, that contain **NO ARTIFICIAL PRESERVATIVES.**

SALADS

Available until 3 PM. Prep times for vary between 8-12 minutes.

NEW! **STRAWBERRY AVOCADO SALAD** Available until 3 PM

SPINACH, AVOCADO, STRAWBERRIES, WALNUTS, RED ONION,
BALSAMIC & OLIVE OIL VINAIGRETTE **DAIRY-FREE**... 9.25

HARVEST SPINACH SALAD Available until 3 PM

SPINACH, AGED WHITE CHEDDAR*, APPLES, PUMPKIN SEEDS, DRIED CRANBERRIES,
SLIVERED ALMONDS, BALSAMIC & OLIVE OIL VINAIGRETTE... 9.25

*SUB DAIYA **VEGAN** SOY-FREE CHEDDAR... +0.75

CALL AHEAD FOR TAKEOUT!

(416) 792-7994

CURBSIDE TAKEOUT AVAILABLE!

We'll run your order out to you! (credit/debit only)



Get us **DELIVERED** on
UberEATS!

www.ubereats.com

ESPRESSO & COFFEE

ALL REG. BEVERAGES are made with 2 SHOTS of ESPRESSO. LRG. With 4 SHOTS!

DRIP COFFEE... 2.25 / 2.50 / 3.00 *tax incl.*
DOUBLE ESPRESSO ... 2.85
AMERICANO... 3.25 / 3.75 *available iced*
AMERICANO MISTO... 3.95 / 4.75 *available iced*
MACCHIATO... 3.50
LATTE... 3.95 / 4.75 *available iced*
CAPPUCCINO... 3.95 3 shots / 4.50 *available iced*
CORTADO... 3.50
FLAT WHITE... 3.50
PUMPKIN SPICE LATTE... 4.50 / 5.25
VANILLA LATTE... 4.50 / 5.25 *available iced*
MOCHA... 4.50 / 5.25 *available iced*
Add **Orange, Peppermint**, or **Almond** organic extract to your mocha! **No extra charge.**
HOT CHOCOLATE... 3.75 / 4.50 *available iced*

Unsweetened ALMOND, SOY, COCONUT, or LACTOSE-FREE milk available! ... + 0.50

ALL SYRUPS ARE MADE IN-HOUSE, AND ARE FREE OF PRESERVATIVES & ARTIFICIAL FLAVOURINGS.

TEAS & BEVERAGES

TEA LATTE

CHAI LATTE (SWEETENED WITH HONEY)... 3.95 / 4.75 *available iced*
"DIRTY CHAI"... add +0.50 for 2 shots of espresso!
LONDON FOG (with homemade vanilla syrup) ... 3.95 / 4.75
TEA LATTE... 3.95 / 4.75
MATCHA LATTE... 3.95 / 4.75 *available iced*

HOT APPLE CIDER LOCAL & ORGANIC ... 4.50 / 5.25 *available iced*

LOOSE LEAF TEAS

HERBAL: PEPPERMINT, GINGER MANGO, CHAMOMILE, LA SUBLIME... 3.00
BLACK: SPICY CHAI, EARL GREY, ENGLISH BREAKFAST, ONE NIGHT IN RIO, CHAI ORANGE EXPRESS, CHAI CAMELLIA, CHOCO SHOU... 3.00
RED: ROOIBOS CREAMSICLE... 3.00
GREEN: JASMINE, ORGANIC CHINA SENCHA, MIMOSA FRAMBOISE... 3.00

COLD-PRESSED JUICE *REVITALIZE!* ☺

DAILY PRESS JUICERY ... 11.00

TONICA KOMBUCHA *REJUVENATE!*

GINGER / BLUEBERRY ... 3.95

WATER *REHYDRATE!*

ESKA SPARKLING ... 2.75
ESKA FLAT WATER... 2.00

TROPICANA

BOTTLED ORANGE JUICE... 3.25

DAILY FRESH-BAKED GOODS

AVAILABLE IN-STORE DAILY:

MUFFINS (Flavors rotate daily)... 4.00
BAGELS... 3.00 *avail. for pre-order**
VEGAN BREAKFAST COOKIE... 3.75 *avail. for pre-order**
ALMOND FLOUR PECAN COOKIE... 3.75 *avail. for pre-order**
COOKIES! (FLAVORS ROTATE DAILY)... 3.00 to 3.75 *avail. for pre-order**
CUPCAKES* ... 3.95 EA / 22.50 for 6 / 42.00 per dz. *avail. for pre-order**
*A variety of dairy-free and vegan cupcakes are available each day.

Available (almost ☺) every day in-store: ... *Call ahead to be sure*

CINNAMON BUNS... 4.50 *Typically available Fri/Sat/Sun*
PALEO MUFFINS... 4.25 *avail. for pre-order**
PALEO LAVA CAKE... 5.00 *avail. for pre-order**
VEGAN & PALEO COCONUT BITE... 2.00 ea. or 3 for \$5
VEGAN PEANUT BUTTER CUPS... 2.00 ea.
VEGAN OAT / DATE SQUARE... 4.00 *avail. for pre-order**
PEANUT BUTTER BROWNIE... 4.00 *avail. for pre-order**

Dairy-Free PUMPKIN PIE! ... 35.00 9", 8-9 servings, *pre-order only*

Vegan APPLE PIE! ... 35.00 9", 8-9 servings, *pre-order only*

SAVE 13%! No tax on 6 or more baked goods!

*PRE-ORDER YOUR FAVOURITE TREATS! ☺

Full pre-order menu: www.almondbutterfly.com

1-2 business days needed for most items.

Minimum qty. 6 per treat. Call (416) 792-7994 to order.

CAFÉ & BAKESHOP HOURS

MONDAY to FRIDAY... 9 AM – 8 PM

SATURDAY ... 9 AM – 6 PM

SUNDAY ... 10 AM – 5 PM

Almond Butterfly Cafe & Bakeshop

Yes! It's ALL gluten-free. ☺

Always made fresh, from our own recipes, on-site!

We're located at **100 Harbord Street.**

Just West of Spadina, near U of T.

(416) 792-7994

Follow us on **Instagram** to check out all of our Daily Features!

@almondbutterflybakeshop

Please enjoy our **Free Guest Wifi!**

SSID: Almond Butterfly Guest | PW: glutenfree

Menu & pricing subject to change without notice.