

# brick canvas cafe

A HEALTHFUL, GLUTEN-FREE EATERY

HOURS: Monday - Friday 8AM - 7PM, Saturday 8AM - 5:30PM, Closed Sunday

## MAIN MENU

### MAINS 9

#### SHERRIE'S NACHOS

diced chicken, cotija & cheddar cheeses, refried beans, smashed avocado, Sherrie's medium salsa, house-made cilantro cream on gf tortilla chips

LOW CARB: substitute mixed greens for chips

Calories: 548 Net Carbs: 9 Fat: 40 Protein: 35

#### BOWL OF SEASONAL SOUP

(see seasonal menu)

includes choice of 1 side

### BREAKFAST

#### SEASONAL PANCAKES OR WAFFLES 9

gf pancakes or waffles in seasonal flavors (see seasonal menu)

half-order \$6

add bacon & eggs for \$3 more

#### SMOOTHIE BOWL 9.5

Your choice of smoothie topped w/fresh fruit, toasted coconut, & superseeds. Choose between a honey, chocolate or almond butter drizzle.

### SALADS 9

add a side for \$3 more

#### THE COBB

low carb

mixed greens, chicken, turkey bacon, avocado, carrots, cheddar cheese, cherry tomatoes with ranch dressing

Calories: 526 Net Carbs: 9 Fat: 32 Protein: 43

#### ASIAN CITRUS

mixed greens, chicken, oranges, beets, carrots, avocado, almonds with house-made ginger lime dressing

#### CHICKEN FAJITA

mixed greens, chicken, sauteed peppers & onions, avocado, cherry tomatoes with house-made honey cilantro lime dressing

### SANDWICHES 9

served on toasted gf multigrain bread, with a choice of 1 side

#### BRIE MELT

brie cheese, chicken, pickled onion, arugula, cucumber, green apple, herb mayo

LOW CARB: served as a lettuce wrap

Calories: 414 Net Carbs: 3 Fat: 31 Protein: 32

#### BACON, EGG, AVOCADO

turkey bacon, avocado, scrambled egg, cheddar cheese with choice of mild green chili OR spicy chipotle cream sauce

LOW CARB: served as a 4-egg omelet

Calories: 532 Net Carbs: 5 Fat: 36 Protein: 42

#### TURKEY CRANBERRY

roasted turkey, cheddar cheese, arugula, house-made cranberry sauce

#### TURKEY CLUB

roasted turkey, cheddar cheese, arugula, turkey bacon, avocado, mayo

### SIDES 3

included with sandwich or bowl of soup

#### FRUIT & YOGURT PARFAIT

#### CRAN-APPLE PROTEIN BAR

#### PALEO ALMOND JOY BAR

#### FRESH FRUIT

#### TERRA VEGETABLE CHIPS

#### TURKEY BACON & TWO (2) EGGS

#### CUP OF SEASONAL SOUP

upgrade to a BOWL for \$3 more

#### GARDEN SALAD

ranch or balsamic vinaigrette dressing  
upgrade to a half-size menu salad for \$2 more

#### CHIPS & SALSA

gf tortilla chips & house-made Sherrie's salsa

### KIDS 6

#### GRILLED CHEESE & CHIPS

gf multigrain bread and cheddar cheese with a side of Terra chips and sliced apples

#### SMILEY FACE PANCAKES

large gf pancake with topped with fresh fruit, served with maple syrup & Gogurt

### GRAB & GO

#### TERRA VEGETABLE CHIPS 3

#### HOUSE-MADE CRAN-APPLE PROTEIN BAR 3

crisins, apples, vanilla, maple, oats, almond butter

Protein: 11g

#### HOUSE-MADE PALEO ALMOND JOY BAR 3

cocoa, almond, maple, coconut

#### FRUIT & YOGURT PARFAIT 3

greek yogurt, vanilla, agave, mixed berries, gf granola

#### TURKEY & CHEDDAR SANDWICH 5

roasted turkey, cheddar cheese, mayo, brown mustard on a gf seeded bun

#### GARDEN SALAD 3

mixed greens, cherry tomatoes, cucumber, carrots, cheddar with ranch dressing

#### ASSORTED PROTEIN SNACK PACKS 4

assortment of nuts, cheese, & dried fruit

Protein: 18-26g

#### KOMBUCHA ON TAP 3.5 / 5

choose 12oz or 16oz

#### ASSORTED BEVERAGES 2

## DRINKS >

# DRINKS

## SMOOTHIES 7.5

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**BERRY CIDER** - *anti-inflammatory* -  
cranberry, orange, strawberry, apple, date,  
cinnamon, almond milk  
**Calories: 376**

**BLACK & BLUE** - *detox* -  
charcoal, blueberry, raspberry, spinach,  
apple, date  
**Calories: 256**

**CHOCO MONKEY** - *boost metabolism* -  
cocoa, banana, almond butter, almond milk,  
date  
**Calories: 603**

**CHOCOLATE LOVE BOMB**  
- *boost immunity* -  
cocoa, strawberry, banana, agave,  
almond milk  
**Calories: 213**

**MATCHA MONSTER** - *energize* -  
matcha green tea, mango, banana, spinach,  
coconut milk  
**Calories: 265**

**PEACHSICLE** - *fortify* -  
peach, raspberry, apple, vanilla, almond milk,  
date  
**Calories: 253**

**PIÑA COLADA** - *heart health* -  
pineapple, orange, lime, coconut milk  
**Calories: 222**

**STRAWBERRY COLADA** - *strengthen* -  
gf vanilla protein powder, strawberry,  
banana, coconut milk, almond milk  
**Calories: 331 Protein: 11g**

**SUPER C** - *boost immunity* -  
turmeric, mango, orange, carrot, cashew  
butter, coconut milk  
**Calories: 339**

## JUICES 6.5

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**CLEAN GREEN** - *replenish* -  
apple, cucumber, spinach, lime, coconut water  
**Calories: 130**

**HOT PINK** - *energize* -  
beet, carrot, spinach, lemon, ginger, apple  
**Calories: 149**

**100% PURE** - *fortify* -  
orange, apple, carrot, celery - just one or any  
combo!  
**Calories: 192**

## SMOOTHIE BOWL 9.5

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Your choice of smoothie topped with fresh  
fruit, toasted coconut, & superseeds. Choose  
between a honey, chocolate or almond butter  
drizzle.

### SMOOTHIE & COFFEE ADD-INS .5 each

VANILLA PROTEIN POWDER

ACTIVATED CHARCOAL

SPINACH

MATCHA POWDER

ESPRESSO SHOT

FLAVORED SYRUP

caramel, chocolate, coconut, hazelnut,  
raspberry, sugar-free vanilla, vanilla,  
white chocolate

## COFFEE

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*served HOT or ICED*

**SELF-SERVE COFFEE 2.75**  
(includes unlimited refills)  
with a to go cup 3.25

**AMERICANO/ESPRESSO 2.5**  
standard double

**LATTE/CAPPUCCINO 4**  
espresso, milk, foam

**BREVE 4**  
espresso, half & half, foam

**DIRTY CHAI LATTE 4.5**  
chai tea, espresso, milk, foam

**MOCHA 4.5**  
espresso, chocolate, milk, foam

## STEAMERS

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**HOT CHOCOLATE/STEAMER 3**  
steamed milk with choice of 1 flavor

## TEA

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**CHAI LATTE 4**  
chai tea, milk, foam

**MATCHA LATTE 4**  
matcha, milk, foam

**LONDON FOG 4**  
earl gray tea, milk, vanilla syrup

**ASSORTED BAGGED TEAS 2**

*2% Milk, Almond Milk &  
Coconut Milk Available*

*All smoothies & juices are dairy-free & vegan*

# Secret Menu

BRICK CANVAS GUEST  
& EMPLOYEE CREATIONS

## MAINS 9

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### SHERRIE'S NACHOS - NATASHA'S WAY

everything you love about the nachos, with melted cheese

### HADLEIGH'S CHEDDAR MELT

*served with a choice of 1 side*

chicken breast, green apple, melted cheddar cheese  
& herb mayo on toasted gf multigrain bread OR in a lettuce  
wrap

## BREAKFAST

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### PANCAKES YOUR WAY 9

4 fluffy gf buttermilk pancakes with butter & maple syrup

add bananas, chocolate chips, blueberries, pecans,  
almond butter \$.50 each

### SHELLI'S GRANOLA 5

gf granola, fresh fruit, & almond milk

## SMOOTHIES

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### HANNA'S CINNA-MONKEY 7.5

choco monkey smoothie with cinnamon & hemp hearts  
instead of cocoa

### KETO BLACK & BLUE 7.5

black & blue smoothie with coconut water instead  
of apples

### BRANDY'S ENERGIZED CHOCO MONKEY 8

choco monkey smoothie plus 2 shots espresso

## COFFEE 4.5

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### KETO SUGAR-FREE VANILLA LATTE

espresso, sf-vanilla syrup, unsweetened almond milk,  
heavy cream

# Seasonal

WINTER 2019/2020

## **HOT COCOA WAFFLES 9**

*add bacon & eggs for \$3 more*

*half-order 6*

two gf double chocolate chip belgian waffles topped with marshmallows and Ghirardelli chocolate syrup; served with a side of marshmallow glaze

## **ROASTED POBLANO CORN CHOWDER 9**

*served with a choice of 1 side*

*cup 3*

bowl of zesty vegetarian chowder loaded with poblano peppers, corn, and potatoes in a creamy broth; served with tortilla chips

## **PEPPERMINT HOT CHOCOLATE 3.5 OR MOCHA 4.5**

steamed milk, ghirardelli chocolate syrup and peppermint bark syrup; with or without espresso