

LooseLeaf Lounge Teas

All teas are available hot or iced.

Earl Grey * - A blend of organic black tea and the oils of the fruit bergamot. It produces a distinct citric flavor and aroma. 2/2.35

Irish Breakfast - A smooth blend of light and malty blacks. A full bodied eye opener that can be enhanced with milk. 2/2.35

Spring Jasmine * - Jasmine blossoms parade through this organic green tea. A light flavor that is believed to reduce stress. 2.25/2.60

Moroccan Mint - This delectable green tea is finely minted with a mix of peppermint and Gunpowder to leave you feeling refreshed. 2/2.35

Chamomile - This light tasting, organic flower aids in digesting as well as other health benefits. It is also great for a good night's sleep. 2.25/2.60

Black (5)

Organic Assam BOP*
Makaihari's 2nd Flush*
Organic Classic Black*
Russian Caravan
Ruhunu Super Pekoe

Fruit Infused Black Tea (8)

Blackcurrant
Organic Raspberry*
Organic Ginger*
Organic Mango*
Organic Orange Spice*
Organic Passionfruit*
Organic Peach*
Organic Vanilla*

Mate (2)

Organic Citron*
Organic Yerba*

LooseLeaf Lounge Teas Sold in Bulk Sizes

1 oz Bags: \$4.00 - \$4.50
3oz Bags: \$10.00 - \$10.50

CocoMint * - This dessert tea is merged with organic rooibos, hints of chocolate and mint, to give a savory taste with a slight touch of vanilla. 2.25/2.60

Chocolate Indulgence * - This organic rooibos dessert tea is finely crafted with chocolate, banana, and pink peppercorn to make this a great drink hot or iced. 2.25/2.60

The Orchard - A walk through mother nature's garden reveals this appetizing green tea blend of orange, apple, almond, spice and rose petals. 2/2.35

Rooibos Afrikaana - Your taste buds will be delighted to meet the sweet taste of vanilla, citrus and blue flowers. A must to try. 2/2.35

Berrilicious - A great iced tea tisane, combines black & red berries with grapes, sour cherry and hibiscus. 2.25/2.60

Green (7)

Organic Gunpowder
Organic China Sencha
Organic Green Pomegranate
Organic Cherry Rose*
Dragon Crisp/Genmaicha
Organic G.O.P. Green*
Organic Green Pear*

Rooibos & Decaf & Tisanes (7)

Organic Decaf Earl Grey*
Decaf Peach
Rooibos Organic*
Citrus Eucalyptus
Cranberry Orange
Organic Peppermint
Piña Colada

Organic Dessert (3)

Very Berry Vanilla*
Almond Joi*
Pumpkin Pie*

Oolong & White (4)

Organic Wu-Yi Oolong
Rickshaw Oolong
Organic Honeydew
Tangerine Dreams

Chai (5)

Chocolate Chai
Rooibos Chai
Organic Tali Masala Chai*
Organic Mint Chai*
Pumkin Spice Chai*

* Fair Trade



Daily Specials

MONDAY

White Teas \$2.00 Lg
Bagel w/Cream Cheese \$1.75
Black Forest Ham & Cheese \$5.00

TUESDAY

Metropolis Coffee \$1.50 Lg
Ham & Swiss Croissant \$2.25
Chicken Pesto \$5.50

WEDNESDAY

Fruit Infused Black Tea \$2.00 Lg
Scones \$1.50
Angus Roast Beef \$5.50

THURSDAY

Green Teas \$2.00 Lg
Cookies \$1.00
Grilled Portobello \$5.50

FRIDAY

Chai Tea \$2.25 Lg
Muffins \$1.50
Lemon Pepper Tuna \$5.00

We have a fresh selection of pastries daily

Bagels \$1.50
Scone \$1.95
Croissant \$1.50
Muffins \$1.95
Danish \$1.00
Cookies \$1.20
Ham & Cheese Croissant \$2.60
With Eggs \$3.25 (Till 11am)

Metropolis™ Coffee
\$1.65 Sm / \$1.85 Lrg (Café Au Lait For \$0.25)
Ghirardelli Hot Chocolate \$2.25
Naked™ Juices \$3.30
Apple / OJ / Lemonade \$1.80



Sandwiches are made panini style with red onions, tomatoes and a select leafy green. Served with fresh veggies or a bag of chips.

BLACK FOREST HAM & CHEESE White ciabatta, ham, romaine, dijon mustard, mayo and your choice of cheddar or swiss. 5.75

ANGUS ROAST BEEF Olio ciabatta, roast beef, romaine, chipotle mayo, roasted red peppers and mozzarella. 6.25

CALIFORNIA TURKEY Multigrain ciabatta, smoked turkey, basil mayo, avocado and alfalfa sprouts. 6.25

CHICKEN PESTO Rosemary ciabatta, grilled chicken breast, pesto, romaine, sun dried tomatoes and provolone. 6.25

GRILLED CHEESE MELT Choice of cheese on a white or wheat ciabatta, with tomato slices. 4.00 Add Ham .50¢

Salads Add chicken for \$1 for a full / .50¢ for a side (Served with croutons)

CAESAR
Romaine lettuce, tomatoes, red onion, green pepper, shaved mozzarella and Caesar dressing. 6.00 / side order 3.75

MIXED GREEN
Mixed greens, tomatoes, cucumbers, red onion, black olives, shredded mozzarella and drizzled with a balsamic vinaigrette. 6.00 / side order 3.75

TUNA
Lemon pepper tuna mix, romaine lettuce tomatoes, cucumbers. 6.50

VEGAN Tomato focaccia, basil pesto (w/o Parmesan), artichoke hearts, black olives, cilantro and spinach. 5.75

PORTOBELLO Rosemary ciabatta, portobello marinated in a balsamic & basil vinaigrette, with roasted red peppers and mozzarella. 6.25

LEMON PEPPER TUNA Wheat or white ciabatta, mixed greens, cucumber slices and cheddar. 5.75

EGGPLANT DELIGHT Organic eggplant marinated in a red wine vinaigrette, with basil thyme, garlic and jalapeño peper. Served with spinach and mozzarella cheese on white ciabatta. 5.00

ASIAN
Mixed Greens, vermicelli noodles, cucumbers, green onions, shredded carrots, cilantro, roasted peanuts with a spicy ginger vinaigrette dressing. 6.25

THE HEARTY VEGGIE
Mixed greens & romaine, green bell peppers, red onions, mushrooms, artichoke hearts, chickpeas, tomatoes, shredded carrots, and an Italian dressing. 6.50

Soups of the day Served with fresh bread. Made daily. Cup 3.25 Bowl 4.25



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Hours of Operation
Mon - Fri: 7am – 10pm
Sat: 8am – 8pm
Sun: 9am – 8pm

