

all day breakfast!

we use free-run eggs, organic & local produce when possible & organic “st.john’s” bread

2 eggs (poached or scrambled) served w/ toast, potatoes, salad or tomatoes. **9.**
w/ bacon or “rowe farms” sausages. **10.**

good morning **poutine** is baked hashbrowns & aged white cheddar topped w/
hollandaise or miso gravy (sorry...no poutine on weekends). **7.50**

poached egg **“blt”** w/ bacon, roasted tomatoes, red onions, spinach, chipotle
mayo, potatoes & a salad (sub avocado for bacon if you like...). **11.50**

organic **tofu scramble** w/ shitakes, bok choy, spinach, scallions, sesame & soy,
served w/ basmati brown rice or potatoes, toast & a salad. **11.50**
(sub 2 scrambled eggs for tofu if you like...)

huevos rancheritos 3 soft-scrambled eggs w/ chiles & cheese, chipotle salsa,
guacamole, smashed beans & a wholewheat tortilla. **11.50**
(sub organic tofu for eggs add a buck)

huevos migas 3 soft-scrambled eggs w/ cheese, tomatoes, scallions & sausage,
served w/ basmati brown rice, smashed black beans, sour cream, pico de gallo salsa
& organic corn tortilla chips. **11.50**
(sub organic tofu for eggs add a buck)

aged white **cheddar & spinach waffles** w/ smoky tomato-orange cream,
scallions, bacon, roasted tomatoes & a salad. **11.50**
(sub avocado for bacon if you like...)

baked **crepe croque monsieur** w/ ham, aged white cheddar & miso-scallion
cream, served w/ poached eggs, spinach & potatoes. **11.50**
(sub roasted vegetables for ham if you like...)

lady marmalade bennies

(all served w/ lemony hollandaise, potatoes & a salad or fresh tomatoes)

black forest ham OR spinach OR roasted tomatoes OR bacon **11.**
(add one of the above toppings for a **1.50**)

fresh tomato & pesto. **11.50**

ham, red onion & chipotle mayo. **12.50**

roasted vegetables & aged white cheddar. **13.**

“cochinita pibil” Yucatecan pulled pork & citrus marinated red oniond. **13.50**

cheddar, bacon & mango salsa. **13.50**

brie, avocado & bacon. **13.50**

sweets...

big bowl of **organic multigrain porridge** topped w/ cardamon-baked
apples, berry coulis, sourcream & brown sugar served w/ milk. **8.50**

fresh fruit parfait layered w/ lemony yogurt, house-made cranberry-almond
granola, honey & served w/ half a toasted cinnamon bagel & berry coulis. **9.50**

organic buckwheat **fresh fruit crepe** w/ lemony yogurt, house-made
cranberry-almond granola, berry coulis & honey. **10.50**

daily baked **french toast** “bread pudding” style w/ fresh fruit, ontario maple
syrup & berry coulis. **11.**

sides...

montreal-style bagel & cream cheese. **3.**

“st. john’s” organic toast w/ butter, jam or peanut butter **3.**

salad, potatoes or smashed black beans **3.50**

ham, bacon or “rowe farms” sausages **3.50**

2 free-run eggs (poached or scrambled) **3.50**

pico de gallo salsa, guacomole, chipotle mayo or hollandaise sauce **2.50**

fresh fruit cup **3.50** bowl **4.50**

all day lunch!

bowl of good **soup** w/ bread. **6.50** cup of soup w/ bread. **5.**

soup & green salad. **8.**

salads...

crunchy **thai slaw** w/ cilantro, mint, thai basil & peanuts in a sweet & spicy
ginger dressing. full **7.50** half **5.50**

big green salad w/ sunflower & sesame seeds, greens, cabbage, bok choy,
tomatoes, cucumbers, red onions & bell peppers in a soy-ginger dressing.
full **9.** half **7.** (vegan)

spinach salad w/ roasted mango, roasted beets, goat cheese, red onions &
walnuts in a balsamic vinaigrette. full **9.50** half **7.50**

(add avocado **2.** bacon **2.50** chicken **3.50** oven blasted salmon **4.50**)

...cash only!

sandwiches...

(served w/ green salad or a cup of soup)

the **real club** served on “st. john’s” organic white sourdough w/ bacon, chicken, avocado, tomatoes, red onions & chipotle mayo. **11.**

“**madre tierra**” served on “st. john’s” organic whole wheat sourdough w/ roasted eggplant, zucchini, peppers, beets, tomatoes, creamcheese & basil pesto. **11.**

“oven blasted” **wild pacific salmon** sandwich served on “st. john’s” organic white sourdough w/ avocado, mango salsa, spinach, chipotle mayo & cilantro. **12.**

avocado, brie & bacon baguette w/ spinach, red onion, mango salsa. **12.**

la “**tortita-gordita**” baguette (fat little mexican street sandwich) w/ ham, cheese, avocado, black-beans, pico de gallo, pickled jalapenos, cilantro & mayo. **11.**

“**cochinita pibil**” baguette slow roasted Yucatecan pulled pork w/ citrus marinated red onions, avocado & cilantro crema. **12.**

mexican meatball baguette w/ avocado, chipotle salsa, aged white cheddar, red onions & cilantro crema. **12.**

bowls...

brown rice bowl “baja style” w/ black beans, aged white cheddar, pico de gallo salsa, avocado, sourcream, scallions & cilantro. **10.50**

good afternoon **poutine** is baked hashbrowns, aged white cheddar, chicken, bacon, blasted scallions, miso gravy. **10.** (sorry... no poutine on weekends)

very mellow-yellow organic **tofu-vegetable curry** on brown basmati rice topped w/ scallions & cilantro. **11.50** (vegan)

rockin’ moroccan **free-run chicken & vegetable stew** served on cous-cous and topped w/ sour cream, scallions & cilantro. **13.50**

mexican meatballs in tomato-chipotle soup w/ basmati brown rice, aged white cheddar, avocado & cilantro crema served w/ a wholewheat tortilla. **13.50**

add...

avocado **2.** aged white cheddar **2.50** bacon **2.50** chicken **3.50** (to anything)

sweet...

mom’s brown-sugared apple crisp w/ vanilla ice-cream & berry coulis. **6.50**

please inform us of any allergies

our menu has been designed for our kitchen, no significant meal modifications please

10% kitchen gratuity will be **added** to all take-out orders of **6 or more** meals

first menu page not available for take-out orders of **6 or more**

...and NO take-out on weekends or holidays...sorry...

...cash only!



lady marmalade

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898 queen street east @ logan ave

www.ladymarmalade.ca

mon-fri 8-4

sat & sun 8-3

...cash only...