



Corner of Broadmoor Blvd & Sioux Road, Sherwood Park, AB T8A 4C7
t. 780.417.5523 e. INFO@CAFEHAVEN.CA w. CAFEHAVEN.CA twitter @CAFEHAVEN

HOURS OF OPERATION

Mon, Tue, Wed & Fri 8 • 5 Thu (live music) 8 • 9 Sat 9 • 5 Sun 10 • 4

DRINKS MENU

HOT DRINKS

—
GST inc.

DRIP COFFEE.....	2.15 • 2.40
ESPRESSO.....	2.50
AMERICANO.....	2.85
TRAD CAPP.....	3.50
CAPPUCCINO.....	4.00 • 4.75
LATTE.....	4.00 • 4.75
MOCCACCINO.....	4.50 • 5.00
FRENCH PRESS <i>In bodum. Serves one or two</i>	3.00 • 6.00
LONDON FOG <i>Rooibos or earl grey, vanilla & steamed milk</i>	4.25 • 4.75
REMEDY CAFE'S CHAI TEA LATTE <i>Locally brewed chai & steamed milk</i>	4.50 • 5.00
LOOSE LEAF TEA <i>Selection at till</i>	3.00
HOT CHOCOLATE.....	3.50 • 4.00

COLD DRINKS

—
GST inc.

LATTE OVER ICE <i>Espresso, milk & ice</i>	4.50
MOCHA OVER ICE <i>Espresso, chocolate, milk & ice</i>	5.00
ICED CHAI LATTE <i>Locally brewed chai, cold milk & ice</i>	5.00
HAVEN'S ICED TEA <i>Rooibos or japanese sencha</i>	4.50
CHILLED LONDON FOG <i>Earl grey, vanilla, cold milk & ice</i>	4.50
SMOOTHIE <i>Fruit, oj, milk & honey</i>	5.00
ITALIAN SODA <i>Cream soda or raspberry</i>	3.00
ORANGE JUICE.....	3.00
BOYLANS POP <i>See display at till</i>	3.00

BEER • WINE

—
GST inc.

ALLEY KAT CHARLIE FLINT <i>Organic lager</i>	5.50
ALLEY KAT AMBER <i>London-style brown ale</i>	5.50
HOUSE WHITE/RED WINE <i>Glass/bottle. All servings by the glass are 175ml</i>	6.00 • 21.00



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FOOD MENU

BREAKFAST

—
GST inc.

- SMOKED SALMON, DILL & CREAM CHEESE BAGEL**
Served with lemon wedge 7.50
- BREAKFAST SANDWICH**
Irving's farm fresh ham, eggs and cheddar on a rosemary ciabatta bread 6.50
- VEGGIE BREAKFAST WRAP** **V**
Eggs, peppers, cheddar, red onion, sweet corn, black beans & salsa on a wholewheat wrap 6.50
- BREAKFAST WRAP**
Local ham, eggs, cheddar, red onion and peppers 6.50

SANDWICHES

—
From 11 AM
GST inc.

- ROASTED BUTTERNUT SQUASH** **V**
With feta, cranberry sauce and spinach on rosemary ciabatta bread 8.00
- SWEET POTATO & PORTOBELLO MUSHROOM WRAP** **V**
With roasted red peppers, mozzarella, red onion and cream cheese in a wholewheat wrap 8.00
- IRVING'S FARM FRESH SMOKED HAM & CHEDDAR**
With peppered mayo, tomato & romaine on wholewheat. Available cold or grilled 8.00
- COCONUT CHICKEN WRAP** **N**
Locally farmed chicken breast, apricots, almonds, apples, raisins, celery & red onion in a light curried mayo with grated carrots, toasted coconut and spring mix 8.50
- CHICKEN, BRIE, CARAMELISED APPLES & ONIONS**
Topped with spinach and served on rosemary ciabatta bread 8.50

SPECIAL OFFER

- Add any side salad or soup +4.00
- Add a side of hummus with veggies or organic tortilla chips +2.00

SALADS, SOUPS & SIDES

—
From 11 AM
GST inc.

- SOUP OF THE DAY**
See chalkboard for today's offering 5.00 • 6.50
- HAVEN SPINACH SALAD** **V** **GF**
Sun-dried tomatoes, goats cheese, artichokes, roasted red peppers, quinoa, spinach & toasted walnuts. Tossed in our house dressing 9.50
- HUMMUS SALAD** **N** **V** **GF**
Mixed greens, cranberries, almonds, pumpkin & sunflower seeds, carrots and grated cheddar. Tossed in our house dressing and topped with hummus 8.75
- CHICKEN CAESAR SALAD**
Crisp romaine, real bacon, croutons and shaved parmesan 10.50

BITES

—
From 11 AM
GST inc.

- EDAMAME BEANS** **VG** **GF**
Sprinkled with rock salt 6.50
- HUMMUS** **VG**
With crudités and pita bread 8.00
- ARTICHOKE & SPINACH DIP** **V**
With grilled ciabatta 8.00
- HUMMUS WITH MELTED GOATS CHEESE** **V** **GF**
Crudités and organic tortilla chips on the side 10.00

GF GLUTEN FREE **N** CONTAINS NUTS **V** VEGETARIAN **VG** VEGAN