

PIZZA • cont.

Avocado Pesto Pizza.....18
Avocado, pesto sauce, mozz cheese

Veggie Deluxe Pizza16
Roasted peppers, fresh mushroom & onion with mozz cheese

Whole Wheat Pizza.....13
Add your own toppings:.....1 each
tomatoes, peppers, mushrooms, olives, onions, spinach

QUESADILLAS

Whole Wheat Veggie Cheese Quesadilla11
Tomatoes, onions, spinach, mozzarella cheese & rotev sauce. Side of salsa, sour cream & guacomole. Gluten free available.

Whole Wheat Greek Quesadilla.....11
Mozzarella & feta cheese, tomatoes, onion, peppers, black olives &Greek dressing. Side of salsa, sour cream & guacomole. Gluten free available.

Whole Wheat Pizza Quesadilla.....11
Pizza sauce & mozzarella cheese. Side of salsa, sour cream & guacomole.

Whole Wheat Tuna Quesadilla11
Tuna, onions, butter & cheese

Whole Wheat Avocado Quesadilla11
Cheese & avocado

Egg & Cheese Quesadilla11
Scrambled eggs with cheese, guac on the side

Gluten Free available.

PANINIS

Mushroom Panini11
Sautéed mushroom, onions, mozzarella cheese and pesto sauce

Pizza Panini11
Cheese, marinara sauce and spices

Tuna Melt Panini11
Sautéed onions, butter, tuna and cheese

Grilled Cheese Panini10
Butter, oregano, cheddar cheese with pickles and marinara sauce

Grilled Vegetable Panini11
Zucchini, pepper & onions all marinated with pesto sauce and mozz cheese

WRAPS • sandwiches

Tuna Wrap (*Tomatoes, lettuce, pickles on a whole wheat wrap*)8.5

WW Grilled Vegetable & Fresh Mozzarella Wrap.....10.5

Fresh Baked Salmon Vegetable Wrap.....14
Zucchini, tomato, onions, red pepper and garlic pesto

Tomato Mozzarella Caprese Sandwich11.5
Available on whole wheat wrap

Open Faced Tuna Melt (*Tuna, tomatoes, mozzarella cheese*).....9.5

Egg Salad Wrap7.5
Egg salad and lettuce.



BREAKFAST

Spanish Omelet on Baguette10
Eggs with peppers, tomatoes, onion, cheese, spicy sauce

Egg & Cheese Sandwich on Baguette9

Egg & Cheese Omelet10
With toast, side of hash browns

Egg White & Veggie Omelet10
Egg whites with tomatoes & spinach with toast & side of hash browns

Egg & Veggie Omelet10
Eggs with tomatoes & spinach with toast & side of hash browns

Breakfast Burrito.....9.5
Tomatoes, peppers, onions, eggs, cheese, spicy sauce and hash browns in a whole wheat wrap

Shakshuka12.5
Poached eggs in tomato sauce with peppers, spinach & onions, side of toast

Hash Browns.....3.75

Pancakes4.95
4 pancakes with a side of maple syrup

Pancake Platter13.5
3 pancakes with a side of maple syrup and strawberry jelly , 3 pcs of toast with scrambled or sunny side up eggs

Avocado Toast
Avocado, lettuce, tomato and sunny side egg

Well done \$11 Over easy \$12.5

**All bread can be substituted for whole wheat*

**Hash browns and toast can be substituted for garden salad*

BAGELS

Plain or Whole Wheat Bagel.....1.5

Bagel with Cream Cheese3.5

Bagel with Egg & Cheese4.75

Bagel with Tuna - lettuce, tomatoes, pickles5.5

Pizza Bagel3.50

Bagel with Butter2.50

Whole Wheat or Plain

PIZZA

Plain Pizza.....12
Add your own toppings:.....1 each

Caprese Pizza.....17
Tomatoes, mozz chunks, pesto & parsley

LUNCH

Soup du jour	6
Garlic Pesto Zoodle Pasta	12.5
<i>Spiralized zucchini with garlic pesto sauce & parmesan cheese</i>	
Cheese & Marinara Zoodle Pasta	12.5
<i>Spiralized zucchini with marinara sauce & mozzarella cheese</i>	
BBQ Cauliflower Bites	12
<i>Baked cauliflower tossed in tangy BBQ sauce with dip on the side</i>	
Spicy Buffalo Cauliflower Bites	12
<i>Baked cauliflower marinated in spicy sauce with dip on the side (available on whole wheat wrap or a baguette with tomatoes onions & cheese)</i>	

Stuffed Portabellas.....	14
<i>Two portabella mushrooms stuffed with spinach, mozzarella and parmesan cheese with a side of salad.</i>	

APPETIZER • sides

Mozzarella Sticks.....	7
Nachos.....	10.5
<i>Cheese sauce, guacamole, olives, tomatoes, red onion & sour cream</i>	
Zucchini Rolls.....	9.5
<i>Fried/baked & stuffed with mozzarella. Lettuce, tomato salad incl.</i>	
French Fries (<i>Melted Cheese – add \$1</i>).....	3.5
Poutine	7
<i>Mozzarella, cheddar cheese and gravy mix on french fries</i>	
Cheese Wonton	7
<i>Stuffed with feta + mozzarella cheeses and fried onions</i>	
Roasted Eggplant	14
<i>Stuffed with pepper, parsley, cashews and feta cheese</i>	
Stuffed Baked Potatoes	10
<i>Fresh mushroom, spinach, cheese & a side of sour cream</i>	

PASTA

Mac n' Cheese	11
Penne a 'la Vodka	12.5
Fettuccine Alfredo.....	12.5
<i>Fettuccine pasta with cream sauce topped with parmesan cheese.</i>	
Cheese Ravioli	12
<i>Ravioli stuffed with ricotta in marinara sauce topped with mozzarella cheese</i>	
Mushroom Ravioli.....	12
<i>Ravioli stuffed with mushrooms in cream sauce topped with grilled mushrooms and onions</i>	
Breaded Pizza Ravioli.....	10.5
<i>6 fried or baked pcs, with pizza sauce, cheese, tangy sauce and parsley</i>	
Eggplant Parmesan.....	12
<i>Baked in house marinara sauce, mozzarella cheese, parsely</i>	

Zucchini & Eggplant.....	13
<i>In house marinara sauce, mozz cheese chunks, parsely & olive oil</i>	

FISH

Tilapia Fish Plate.....	14
<i>Baked or beer battered tilapia, grilled veggies, roasted potatoes</i>	
Fish Tacos	
<i>Double corn tortilla with pico de gallo salsa, avocado, parsley on top</i>	
Tilapia \$11.75 Salmon \$12.25	
Fresh Baked Salmon Fillet.....	10
<i>Served on a bed of lettuce with Caesar dressing on the side</i>	

Salmon Fish Plate.....	18
<i>Grilled salmon, grilled veggies, roasted potatoes</i>	

Kava House Fish Plate	13
<i>Grilled or fried fish w/ small side of rice and salad w/ special Kava dressing</i>	

Fish and Chips.....	12
<i>House fries, beer battered tilapia</i>	

Kava Seafood Pasta.....	13
<i>Marinate with special sauce, fish and fettuccine noodle</i>	

SALADS

Greek salad	12
<i>Lettuce, tomato, onions, peppers, black olives, cucumbers, feta cheese and Greek dressing</i>	

Caesar salad	12
<i>Lettuce, shredded parmesan, croutons, cherry tomatoes, Caesar dressing</i>	

Kava House salad.....	12
<i>Romaine lettuce, avocado, tomato & red onion with lemon vinaigrette dressing</i>	

Salmon Salad.....	15
<i>Grilled salmon on garden salad with dressing</i>	

Roasted Veggie Salad.....	13
<i>Lettuce, red and yellow pepper, sweet potato, snap peas topped with sunflower seeds and croutons with the option of feta cheese with Greek dressing</i>	

Salmon-Quinoa Salad.....	15
<i>Lettuce, cucumbers, quinoa, chickpeas, salmon, purple onions, cranberries pistachio nuts and Nish-Nosh dressing.</i>	

Italian Salad.....	13.5
<i>Lettuce, tomato, onions, fresh sautéed mushrooms, cashew nuts, feta cheese, with basil pesto dressing.</i>	

Tuna Salad.....	12.5
<i>Lettuce, tomato, red onions, pickles, cucumbers with Caesar dressing.</i>	

Sushi Salad.....	15
<i>Lettuce, sushi rice, avocado, cucumbers, shredded carrot and flaked salmon</i>	

Crispy Asian Salad.....	12
<i>Lettuce, tomatoes,onions, peppers, soy beans, purple cabbage, cucumbers, crispy wontons with nish nosh dressing.</i>	

Extra Scoop of Tuna.....	3.75
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