

WATER

STILL SPRING WATER, Aeras, alkaline, 750ml, \$12

SPARKLING WATER, Topo Chico, 355ml, \$5 | Ontarioeau, 670ml, \$8

SIGNATURE COCKTAILS, \$16

PALOMA VIEJA, 2oz, mezcal, grapefruit, chili salt, rose-hibiscus soda

GREEN LAGUNA, 2oz, St. Germain, cucumber, apple-parsley, cilantro salt, celery garnish

COQUETA, 2oz, orange, prosecco

NEGRONI BOOSTER, 3oz, aperol, Dillon's vermouth, Dillon's gin

ESSENCE MARGARITA, 1.5oz, El Jimador tequila, triple sec, orange, cilantro salt, lime

TAMARIND MARGARITA, 1.5oz, El Jimador Tequila, triple sec, tamarind syrup, lime, orange, sweet and salty chili

MAKE IT A MOCKTAIL \$12

FRESHLY SQUEEZED JUICES, \$6

ORANGE

GRAPEFRUIT

CELERY

COLD-PRESSED BLENDS! \$14

KOMBUCHA BY ALMA + GIL, \$12

ALMA, yerba mate

GIL, lapsang souchong

DAVID, hopped yerba mate

SANDRA, hibiscus blend

COFFEE

HATCH COLD BREW, \$4

HATCH COLD BREW decaf, \$4

ESPRESSO, \$4

CAPPUCCINO, \$5

LATTE, \$5

ADAPTOGENIC, \$5

TEA, Camellia Sinensis, just ask!
\$4.5



SHAREABLES

🌀HUMMUS + GUAC

Raw veggies, hummus, avocado spread.

\$13 GF|VG

BREAD + BUTTER

House bread, A2 grass-fed, Jersey cattle butter, Vancouver salt.

\$8 VG

🌀HASH BRAVO

Potatoes, taro, plantain, onion, garlic aioli, avocado cream, tomato salsa.

\$13 GF|VG

🌀CHILAQUILES

Tortilla chips, 100km greens, salsas, cotija cheese.

\$15 | add egg \$3 GF|VG

🌀ESSENCE CHOP

Grains, 100km greens, cucumber, sweet potato, seeds, pickled onion, heirloom tomato, croutons, cilantro ranch, pickled egg.

\$14 GF|VG

SIDE OF CHIPS: \$4|S \$6|L EXTRA SALSA: \$3

DIP: \$6

6 Min. PICKLED EGG: \$3

TWO POACHED EGGS

Served with 100km greens, shaved veg, citrus dressing

🌀BENNYTOS

Corn sope-sito, refried beans, potato egg cream.

\$18 GF|VG

🌀EGGS + SOLDIERS

Pepper stew, cream, cheese, parsley oil, chili oil, sourdough.

\$20 GF|VG

CHORI-PAN

Bun, chopped chorizo, cheese mix, scallion.

\$20 GF|VG

HOT DRIP COFFEE WITH REFILLS: \$6

KIDS MENU AVAILABLE.

Nixtamal Masa. Locally grown by Maizal in The Ontario Greenbelt and Ottawa Valley. Supporting local farmers.

BREAKFAST TACOS \$16

Fried egg, 100km greens, shaved veg, citrus dressing

MUSHROOM AL AJILLO

Cremini and oyster mushrooms, tamari umami sauce, avocado salsa.
GF|VG

POLLO ASADO

Mustard and pasilla chili roasted chicken, tomato salsa huevona.
GF

RAJAS

Sweet and poblano peppers, onion, cheese.
GF|VG

BURGERS

SIDE SALAD OR CHIPS, GLUTEN FREE BUN: \$3

THE '140'

Brioche bun, lettuce, tomato, house ketchup, 4oz patty, cheese crust, avocado salsa.
\$18 GF

MAITAKE

Brioche bun, lettuce, tomato, house ketchup, seared maitake, cheese crust, avocado salsa.
\$18 GF|VG

SIMPLE

Brioche bun, house ketchup, 4oz patty, mayonnaise.
\$12 GF|VG

MAKE IT A DOUBLE FOR \$5

GF: GLUTEN FREE or OPTION | VG: VEGAN or OPTION

SIGNATURES

DINER STYLE

ONTARIO SCRAMBLE

Three eggs, crema, actually in season veg, tortillas.
\$20 GF|VG

CUSTARD FRENCH TOAST

Soaked brioche, red fruit jam, whip cream, sesame snow.
\$18 VG

COMPLETO

Two fried eggs, pollo asado, refried beans, heirloom tomato, tortillas.
\$18 GF|VG

HAND-HELD

SIDE SALAD OR CHIPS, GLUTEN FREE BUN: \$3

TENOCH SANDO

Avocado or Bacon
Brioche bun, over-easy egg, cheese Cheech, garlic aioli.
\$16 GF|VG

BCLT

Sourdough bread, cheese, bacon, lettuce, tomato, chipotle mayo
\$16 GF|VG

STEAK AND EGG

Brioche bun, over-easy egg, shaved steak, avocado, horseradish mustard mix, garlic aioli.
\$18 GF|VG

MUSHROOM MELT

Sourdough bread, cheese mix, mixed mushrooms, avocado.
\$16 GF|VG

TUES-FRI

LUNCH
11AM—4PM

THUR-SAT

DINNER
5PM—10PM

SAT-SUN

BRUNCH
10:30 AM— 3PM

Chef: Gerry Quintero @gerrydquintero

@100kmfoods @woodwardmeats @maizalto