






# CAFÉ ALMA

MEDITERRANEAN MADE FRESH


Our mission at Café Alma is to encourage the habit of healthy eating, living a well-balanced lifestyle and spreading the knowledge we have about the benefits of the Mediterranean Diet. What we eat is what we are; your body depends on you! Your health and satisfaction is our highest priority, and we vow to not only nourish your body, but never allow the taste and flavor to be compromised. We promise to serve you only the highest quality ingredients in our dishes that truly allow you to feel your best. We encourage you to treat your mind and body with love and kindness, mindfully eating and enjoying "what goes in" instead of focusing on "what stays out", to start listening more to the needs of your body and allow the body to be as healthy as it can be so YOU can start living your best life!

"Let thy food be thy medicine" - Hippocrates

## LIGHT BITES

- Soup of the Day    5  
Ask your server for the soup of the day!
- Quiche of the Day  11  
Ask your server for the quiche of the day! While we have mouthwatering flavors every day, our quiche crust is what really makes you come back for more! Served with your choice of side
- Medi Dip Trio  10  
Beetroot tahini, green tahini and hummus served with a challah loaf
- Coffee and Muffin 7  
Small latte with any one of our fresh muffins of the day. Make it a specialty latte for \$1 extra






## HUMMUS BOWLS

- These shorable dishes are perfect for those who want to try a variety! Our hummus is all house-made and oil free, sugar free, gluten free and vegan! Served with a challah loaf
- Jake and Taylor's Classic  10  
Our creamy hummus topped with olive oil, za'atar and chickpeas
- Rainbow Veggie 14  
A serious feast for your eyes! Hummus with roasted sweet potato, zucchini, beets, eggplant and red peppers with a lemon olive oil drizzle
- Heart Beet 12  
Our beetroot tahini styled on top of our classic hummus

## BREAKFAST

- Comes with your choice of side
- Prefer gluten free? Substitute gluten free bread or veggie sticks for \$1.00
- Alma's Breakfast for Two   38  
Two eggs each any way you like, labane with EVOO and za'atar, green tahini, beetroot tahini, cream cheese, tuna salad and yogurt with granola, berries and honey. Comes with challah loaf
- Plant Based Breakfast for Two  38  
Tofu scramble with two toppings, beet tahini, vegan cream cheese, guacamole, hummus and vegan yogurt with granola, berries and date honey. Comes with challah loaf
- Israeli Breakfast Sandwich  12  
An omelette, green tahini and fresh greens on our house challah bread
- Make Your Own Omelette  13  
Choose 3 of any topping you like!  
Mushrooms, tomato, broccoli, spinach, red peppers, onion, avocado, feta cheese, mozzarella, jalapeño. Comes with challah roll
- Extra omelette toppings are \$50 each  
Try our tofu scramble for a plant based alternative

## SHAKSHUKAS

- A traditional middle eastern/mediterranean favorite with poached eggs inside a flavorful and mouthwatering tomato sauce. All shakshukas come in a personal size with a challah roll and a shareable size with a challah loaf. All shakshuka bases are gluten free!
- Alma's Classic  13/25  
Our house shakshuka tomato base with red peppers
- Blazin' Balkan   14/27  
Our house shakshuka tomato base with roasted eggplant, kalamata olives and feta cheese
- Benji's Veggie 14/27  
Our house shakshuka tomato base with red peppers, broccoli, beetroot, roasted sweet potato and zucchini
- Nina's Green Goddess   15/29  
A twist on our traditional shakshuka. A mouthwatering base of spinach, asparagus and a variety of greens and herbs topped with feta cheese

 - SPICY  - VEGAN  - GLUTEN FREE  - ALMA SPECIALTY  - PISCETARIAN  - DAIRY  - REFINED SUGAR FREE  - OIL FREE  - CONTAINS TREE NUTS

An Automatic Gratuity of 20% Will Be Added To Parties of 6 or More  
Please Make Your Server Aware of Any Allergies

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## SECOND BREAKFAST

- Max's Challah French Toast   14  
Classic challah french toast with berries, house made granola, maple syrup and pomegranate whipped cream. Named after the one who could never get enough!
- Apple Crisp Toast  13  
Our house challah bread soaked in apple sauce with roasted apples and a coconut whipped cream topping
- Sun Dried Tomato Benedict  15  
Our very own creative eggs florentine! Montreal style sun dried tomato bagel topped with sautéed spinach, mushrooms and onions with our house made hollandaise sauce with a side of our curried apple quinoa salad
- Avocado Twist  14  
Our house made guacamole, beetroot tahini, pepitas, pickled red onion, radish and micro greens all on top of our freshly toasted challah bread. Add fried egg for \$1.00 each
- Chocolate Halva Banana Pancakes  13  
Two sweet sesame pancakes with chocolate chips, shredded halva, bananas and an organic maple syrup drizzle
- Rosewater Pistachio Waffle    14  
Bringing on full middle eastern flavor! Rosewater waffle with dried rose petals and pistachios topped with coconut whipped cream and an organic maple syrup
- Shmigel's Bagel  16  
A deconstructed montreal style bagel, fresh herb cream cheese, lox, pickled red onions, capers and a hard boiled egg
- Nainie's Bagel   13  
Our classic plain montreal style bagel with our house made blueberry cream cheese topped with granny smith apples, pecans, mint and a date honey drizzle garnished with fresh berries and powdered sugar
- Açai Parfait    11  
Our house açai blend topped with chia seeds, shredded coconut, our house made granola, fresh fruit and a tahini drizzle
- Banana Split   10  
Always wanted dessert for breakfast? Now's your chance! Vanilla yogurt between two banana halves topped with fresh berries, our house made granola and a honey drizzle

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

## SANDWICHES

- Comes with your choice of side
- Sabikh  12  
Our take on this traditional israeli sandwich is full of incredible flavor. Beetroot tahini, eggplant and arugala served on challah. We recommend adding a hardboiled egg for \$1.00
- Canadian Grilled Cheese   10  
Grilled cheese on two thick slices of our challah bread with mozzarella cheese, maple syrup drizzle and powdered sugar. We promise you'll keep coming back for more of this one!
- The Classic Bagel Sandwich  12  
Your choice of one of our hand-rolled montreal style bagels with either egg salad or tuna salad, mixed greens and a slice of tomato

## SALADS and BOWLS

- \*\*ADD A PROTEIN: Salmon \$9, Tofu \$4, Feta \$2, Egg \$1\*\*
- House Salad    13  
Mixed greens, cucumbers, peppers, cherry tomatoes, pecans, shredded carrots and feta cheese. Served with our raspberry poppy dressing
- K-A-M Salad    11  
Kale, avocado, mango, roasted pepitas with our mint vinaigrette
- Curried Apple Quinoa   12  
Quinoa, chickpeas, granny smith apples, roasted sunflower seeds, dried cranberries, fresh herbs with our curry vinaigrette
- Mira's Power Bowl    12  
Lentils, sweet potato, red onion, dried cranberries, arugala and fresh herbs served with our green and beetroot tahini and our house cherry tomato relish
- Israeli Tabbouleh    12  
Quinoa, tomatoes, cucumbers, peppers, almonds and fresh herbs with our mint vinaigrette

## SIDES

- Israeli Salad    4
- Bagel with Butter  4
- Guacamole with Challah Roll  6
- Fresh Fruit   4
- Roasted Apples with Cinnamon  4
- Hummus with Challah Roll  6
- Roasted Sweet Potatoes  4
- Challah Roll/Loaf  3/8

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