





Premium Roast Coffee

Our signature Premium Roast coffee is not too dark, not too light. A perfectly balanced medium-dark roast makes a rich, smooth, and delicious cup, every time. Available in regular and decaf.



Our espresso is made with 100% fine Arabica beans, dark roasted to our highest espresso standards to deliver a pleasing bold, full-bodied taste, and an enticing aroma.



Espresso

Rich and flavourful espresso made from 100% fine Arabica beans. A traditional 'pick-me-up' on its own.



Americano

Rich and flavourful, for coffee aficionados that prefer a bolder cup.



Latte

Irresistibly rich, smooth, and creamy. Perfectly balanced with fresh milk steamed and frothed. Warm and comforting. Add whipped cream or your choice of a vanilla, sugar-free vanilla, or caramel flavour shot to create a special treat! Choose from 2%, skim, or soya milk.



Cappuccino

Bold, simple, and sophisticated. Taste the difference of quality beans, freshly ground, balanced with fresh milk perfectly foamed. Guaranteed to please authentic specialty coffee lovers! Choose from 2%, skim, or soya milk.



Mocha

Chocolate lovers rejoice. Made with real whipped cream and decadent Ghiradelli® chocolate, and topped with more of the same - indulgent and delicious. Choose from 2%, skim, or soya milk.



Deluxe Hot Chocolate

Chocolate doesn't get any more irresistible. Made with freshly steamed milk, real whipped cream, and decadent Ghiradelli* chocolate and topped with more of the same.





Orange Pekoe, Earl Grey, Peppermint, or Green Tea.

Steamy, refreshing, and relaxing. Tea customized to exactly the way you like it.





Iced Coffee

Customize how you like to cool off with McCafé® Premium Roast coffee, poured over ice, mixed with your choice of fresh cream or 2% milk. You can also add a flavour shot; choose from vanilla, sugar-free vanilla, or caramel.



Iced Latte

Our rich espresso combined with your choice of milk and poured over ice. A fresh way to cool down. Choose from 2%, skim, or soya milk.





Strawberry Banana, Mango Pineapple, and Blueberry Pomegranate.

Our Real Fruit Smoothies are freshly blended with low-fat yogurt and ice. With one full serving of fruit in small, medium, and large sizes.

240 calories for a medium size Strawberry Banana Smoothie, 260 calories for a medium size Mango Pineapple Smoothie, 260 calories for a medium size Blueberry Pomegranate Smoothie.



Flaky and delicious, these authentic pastries are made with real butter and baked fresh daily in our ovens – a perfect pairing with your favourite coffee.



Authentic French Croissant

This authentic croissant is directly imported from France and made with real French butter. This flaky treat is a great addition to your cappuccino. Choose between two delicious flavours: All Butter or Cheese.



Mini Chocolatine

Chocolate lovers beware, these all butter favourites are filled with semi-sweet chocolate for a delicious taste in every bite.



Raspberry Mini Pastry

A taste explosion, these all butter pastries are made with real raspberries.



Maple Mini Pastry

These all butter pastries made with Canadian maple syrup are a delicious way to satisfy your sweet tooth.



Cream Cheese Danish

Made with real fruit and a sweet cream cheese filling, all within an incredible flaky butter pastry. Choose between two delicious flavours: Strawberry or Blueberry.





Chocolate Chunk Brownie

This brownie by Dufflet® is handmade without gluten. Decadent, rich, chewy, and chocolatey. It's a yummy snack or a dessert.





Soft Baked Cookies

A staple snack for any time of the day. Choose between two soft and chewy flavours: Chocolate Chip and Oatmeal Raisin.



Lemon Loaf

Try this moist lemon treat topped with all butter streusel. It's a tangy treat that you'll love instantly.



Baked Muffins

A perfect companion to coffee. Baked fresh daily, a quick-and-easy mid-morning snack or afternoon treat.



McCafé® Affogato

Vanilla soft serve and espresso got married. Let's celebrate! You've got to try our Italian inspired signature treat. It starts with chocolate cookie crumbs and vanilla soft serve, topped with a shot of espresso.



Sundae

Smooth and creamy vanilla soft serve, topped with your choice of strawberry, caramel, or decadent hot fudge sauce.



Vanilla Cone

Make time for a moment of sweetness with creamy vanilla soft serve in a crispy cone.



McFlurry®

Infamously decadent. Deliciously creamy. Vanilla soft serve mixed with your choice of delicious toppings.



It's the perfect start to your morning, afternoon, or evening. Enjoy our classic McMuffin® breakfast sandwiches any time of the day.



The one and only. Our signature breakfast sandwich boasts one freshly cracked, Canada Grade A egg topped with Canadian bacon and a slice of tasty processed cheddar cheese, sitting happily on a toasted English muffin. 290 calories per Egg McMuffin, and an excellent source of protein - 16g per sandwich.

Bacon'n Egg McMuffin®

Bring home the bacon. Crisp, sizzling bacon on top of a freshly cracked Canada Grade A egg, nestled comfortably in a toasty English muffin.

Sausage'n Egg McMuffin®

A tasty morning starts with a freshly cracked Canada Grade A egg, savoury sausage, and melted processed cheddar cheese, all on a toasted English muffin.

Sausage McMuffin[®]

of golden processed cheddar cheese on a toasted English muffin.



OGUR

Greek Yogurt Parfait with Blueberries

This creamy Greek yogurt with blueberries and a little honey make for a perfect combination. Served with granola crumble. High in protein - 20g of protein per parfait (256g).

Yogurt parfaits available in seasonal flavours.





Baked in our ovens every morning, your choice of plain, multigrain, everything, or cinnamon-raisin bagels are freshly toasted and topped with your favourites: Natural Cheddar Cheese. Butter. Peanut Butter. Jam.





BLT

The classic. Hickory-smoked bacon, sliced tomato, and crispy lettuce, topped with creamy mayo, all nestled inside a warm toasted bagel of your choice.



Egg LT

A fresh start to your day with a tasty combination of tomato, lettuce, processed cheddar cheese, and a freshly cracked Canada Grade A egg, all served on a toasty bagel.



Bacon'n Egg Bagel

or Light or Herb & Garlic.

Simply satisfying. Sizzling bacon and a freshly cracked Canada Grade A egg inside a warm toasted bagel.





Fresh Fruit Cup

Get your fruit! Sweet and fresh honeydew, cantaloupe, pineapple, mango, and blueberries.





Sriracha Pulled Beef

Pulled beef, sriracha mayonnaise-style sauce, caramelized onions, coleslaw, and pickles all in a potato scallion bun. 430 calories.



Chipotle Chicken

Roasted chicken breast, chipotle mayonnaise-style sauce, tomatoes, Monterey Jack cheese, and spinach on a multigrain ciabatta bun. 340 calories.



Lentil & Sweet Potato Hummus Wrap with Kale

Made with lentil and sweet potato hummus, caramelized onions, kale, corn and black bean blend, and lentils. All in a whole-wheat tortilla. 320 calories.



Sunday Style Roast Chicken

Roasted chicken breast, cranberry mayonnaise-style sauce, and turkey dressing, all wrapped in a flatbread. Sunday-style dinner to go! 390 calories.



Apple, Brie & Honey Croissant

This delightful sandwich is made with our authentic French croissant and includes brie, sliced apples, lettuce, and a drizzle of honey. 420 calories.



Classic Grilled Cheese on Multigrain Bread

This classic sandwich is made with stone baked multigrain bread and melted processed cheddar cheese. 380 calories. Make it your way by adding bacon or tomato.





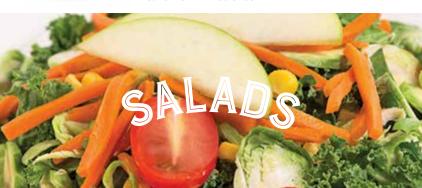
Savoury Chicken Noodle with Herbs

A great way to warm up your day. Our savoury soup is made with no artificial colours or flavours. 90 calories.



Tuscan Vegetable with Shaved Parmesan

This great tasting soup has one full serving of vegetables. It's a great addition to your salad or sandwich. 140 calories.





Apple Walnut Salad

Vibrant, simple and delicious. Crispy apples and crunchy walnuts come together to make this salad both refreshing and satisfying. It's the perfect addition to your lunch. 170 calories.



Quinoa Edamame Mandarin Salad

A refreshing salad to suit everyone's taste buds. Edamame beans, mandarin orange wedges, and toasted pumpkin seeds on a bed of marinated quinoa salad. 270 calories.



Chicken BLT Salad

It's a BLT in a bowl! Roasted chicken breast, romaine and iceberg lettuce, bacon pieces, grape tomatoes, shredded cheddar cheese, and croutons with ranch dressing. 500 calories.



Kale & Brussels Sprouts Salad with Mixed Veggies

It's a bed of crispy kale topped with shredded carrots, brussels sprouts, Granny Smith apple slices, corn, and grape tomatoes with honey balsamic vinaigrette. 190 calories.



Asian Slaw Salad with Cashews

lt's crunchy and flavourful. Crispy coleslaw, cucumbers, snap peas, and roasted cashews all dressed in a umeboshi plum vinaigrette. 200 calories.

Lafé SPECIALS







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Available at Union and Exchange Tower locations only.

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