



## Uprising Breads Bakery

Call us at (604) 254-5635, Ext. 1, to place your order for pick up at our cafe.  
To help us serve you better, please order 24 hours in advance.

<b>BREAKFAST</b>	<b>Price</b>	<b>Half Dozen</b>
<i>Fresh from our oven...</i>		
Blueberry Cinnamon Buns	\$2.15	\$10.45
Muffins - Assorted ( blueberry, chocolate spelt, cranberry citrus, cottage cheese, banana bran )	\$2.05	\$10.45
Scones - Assorted ( blueberry, cheese, cherry white chocolate, raspberry , ham & cheese, tea )	\$2.05	\$10.45
Six Mix ( any combo of muffins & scones )		\$10.45
Butter Croissant	\$2.29	\$11.79
Ham & Cheese Croissant	\$3.35	\$16.75
Apple Drizzle Croissant †	\$2.45	
Chocolate Croissant †	\$2.45	
Cheddar Cheese Croissant †	\$2.45	
† Six Mix ( any combo of apple, chocolate or cheese croissant )		\$12.75
Quiche ( ham & cheese or spinach & feta )	\$3.95	
Breakfast Ranchero Wrap	\$6.25	
Yogurt & Granola Berry Cup	\$3.95	
Fruit Salad Bowl ( 10 oz )	\$3.95	
 <b>LUNCH</b>		
<i>Sandwiches on our own fresh breads...</i>		
Egg Salad Sandwich	\$5.25	
Tuna Salad Sandwich	\$5.25	
Wild Salmon Sandwich	\$5.25	
Ham & Swiss Sandwich	\$5.25	
Turkey Pesto Sandwich	\$5.25	
Roast Beef Sandwich	\$5.25	
Avocado & Hummus Sandwich	\$5.25	

Thai Chicken Wrap	\$6.25
Mexican Wrap	\$6.25
Ranchero Breakfast Wrap	\$6.25
The Bunwich ( lettuce & cheese on a bun )	\$3.25

*Our salad selection...*

Cobb Salad	\$6.75
Nicoise Salad	\$6.75
Pecan, Blue Cheese Salad	\$5.75
Spinach and Quinoa Falafel Salad	\$6.75
8oz Mixed Green Salad	\$3.10
8oz Side Salad ( two to choose from daily )	\$3.10

*Housemade soup...*

<i>Soup ( 10 oz, 2 to choose from daily )</i>	\$4.15
All Soup Available Frozen ( 900 ml )	\$7.49

Lunch combos...

Soup & any sandwich	\$7.95
Soup & any wrap	\$8.95
Soup & any side salad	\$6.25
Side salad & any sandwich	\$7.25