



BAGELS & TOAST

THE HEART STOPPER	8
Bacon, egg, cheddar, tomato, green onion and pepper on an Izzy's Bagel.	
FLYING FISH	9
Smoked salmon, cucumber, lemon dill cream cheese and green onion on an Izzy's Bagel.	
 EVERYTHING EVERYTHING	8
Hummus, tomato, pickle, sprouts, cucumber, spring mix and avocado on an Izzy's Bagel.	
THE HOLY GOAT	7
Roasted garlic goat cheese butter, tomato mix and spinach on an Izzy's Bagel.	
WAKE ME UP	7
Egg, cheddar, salsa, avocado, black beans, corn and sour cream on a whole wheat wrap.	
 WHO NEEDS A HOUSE?	6
Avocado, garlic salt and nutritional yeast on your choice of bread.	
IZZY'S BAGEL	
With Butter	2.5
With Earth Balance	2.5
With Spread (vegan options)	3.5
SPREADS	
Whipped cream cheese	
Garlic goat cheese butter	
Lemon dill cream cheese	
Peanut butter	
Strawberry jam	
Hummus	


SNACKS

HALIFAMOUS NACHOS

Corn chips, cheese, veggies with sriracha-infused oil drizzle and our secret blend of spices.

PERSONAL	9
REGULAR	12
 PERSONAL W/ DAIYA	10
 REGULAR W/ DAIYA	14

 NAAN ISSUE PLATTER	6
House-made hummus, naan bread and assorted veggies. Sub naan for corn chips for GFO.	

 JUST IN QUESO	
A creamy dip with a zesty punch.	
A blend of potato, carrot, nutritional yeast and hot peppers. Served with tortilla chips and garnished with cilantro.	

PERSONAL	6
REGULAR	9


VEGAN FRIENDLY


Not all ingredients are listed please discuss any food sensitivities with our staff

SANDIES + WRAPS

NOT YOUR MAMA'S CLUB	10
Roasted turkey, bacon, spring mix, tomato, cheddar and mayo. Choice of bread.	

CROSS THE ROAD WRAP	11
Chicken, avocado, goat cheese, spinach, red onion, garlic diced tomatoes and maple balsamic dressing.	

VEGAN AMBITION WRAP	 9
Tofu scramble, coconut bacon, sprouts, red onion, mixed greens, tomato and vegan mayo.	

TOTALLY SMASHED	 9
House chickpea salad, coconut bacon, mixed greens, sprouts, tomato and vegan mayo. Choice of bread.	


THE C/BLT	
Bacon, or coconut bacon, spring mix, tomato, mayo or vegan mayo. Choice of bread.	


COCONUT BACON	 8
BACON	9


IN A BOWL


BUTTERLESS BOWL	
Delhi inspired buttery tomato and garam masala sauce with rice, spinach, and carrots. Served with:	

CHICKPEA	 10
CHICKEN	12

BURRO BOWL	 12
Mexican inspired bowl with rice, chili lime oil, cabbage slaw, black beans, corn, roasted veggies, avocado and a drizzle of cashew cream.	

BEET AROUND THE BUSH	 10
Spinach salad with balsamic roasted beets, candied pecans, red onion, sunflower seeds and tossed in a maple balsamic vinaigrette.	





ET TU BRUTE	 12
This salad stabs a traditional Caesar in the back. Romaine, kale, coconut bacon, red onion, croutons, hemp hearts with a smokey caesar-style dressing.	

MARKET SOUP	 8
Always vegan and always delicious! Served with corn chips or naan bread.	

CHILI	
Made in house. Served with corn chips or naan bread. Choice of:	

BEEF	10
VEGAN	 9

ADD TO ANYTHING

CHICKEN	3.5
BACON	2
CHEDDAR CHEESE	1
TOFU	 3
COCONUT BACON	 2
AVOCADO	 2
VEGAN CHEESE	 1

Served 5pm-CLOSE

Thursday to Saturday



the nook

espresso bar & lounge

STARTERS

HOUSE SIDE SALAD 6

Our signature side salad. Spring mix, fresh veggies in an olive oil balsamic dressing.

VEG. UNDER WRAPS 9

Fresh rice paper rolls filled with veggies and served + irresistible peanut ginger sauce.

MAGIC MUSHROOMS 10

Fungi stuffed with vegan mozzarella, breadcrumbs + balsamic reduction, topped with a pesto drizzle.

FLOWER POWER WINGS 12

Lightly breaded cauliflower tossed in buffalo sauce served with Nook ranch.

SHOW POPPERS

Crunchy irresistible breaded bites served with Nook ranch or BBQ sauce.

CHICKEN  13

TOFU  11

SHAREABLES

HALIFAMOUS NACHOS

Corn chips, cheese, veggies with house-made sriracha-infused oil drizzle and our secret blend of spices.

PERSONAL 9

REGULAR 12

PERSONAL + DAIYA  10

REGULAR + DAIYA  14

NAAN ISSUE PLATTER 6

House-made hummus, naan bread with assorted veggies.
Sub naan for corn chips for GFO.

JUST IN QUESO

A creamy dip with a zesty punch.
A blend of potato, carrot, nutritional yeast and hot peppers. Served with tortilla chips and garnished with cilantro.

PERSONAL 6

REGULAR 9

MAIN EVENT

GENTIL LENTIL LOAF 14

A plant-based take on a traditional meatloaf. Lentils, pecans, cranberries, herbs and a mixture of vegetables, topped with a balsamic apple glaze. Served with a house side salad.

PO' BOY

Choice of popcorn chicken or tofu. Served on a toasted baguette with our house made ranch, spring mix, sliced tomatoes. Served with a house side salad.

CHICKEN 16

TOFU  14

TAC-O-BOUT IT 8

Two corn tortillas, topped with dry spiced grilled red pepper and sweet potato, chili oil, cabbage slaw, topped with cilantro and drizzled with cashew cream.

+ BBQ CHICKEN 4

+ BBQ TOFU  3.5

UP THE RIVER 15

A deconstructed plate of smoked salmon, pickled cucumber, avocado, dill and our house-made lemon dill cream cheese. Served with toasted baguette.

PASTA POT OF GOLD

Macaroni cooked in a dairy cheese sauce or vegan cheese sauce, topped with breadcrumbs and oven baked in traditional crock bowl.


VEGAN  10

REGULAR 9

IN A BOWL

BUTTERLESS BOWL

Delhi inspired buttery tomato and graham masala sauce with rice, spinach, and carrots. Served with:

BUTTERLESS CHICKPEA  10

BUTTERLESS CHICKEN 12

BURRO BOWL 12

Mexican inspired bowl with rice, chili lime oil, cabbage slaw, black beans, corn, roasted veggies, avocado and a drizzle of cashew cream.

BEET AROUND THE BUSH 10

Spinach salad with balsamic roasted beets, candied pecans, red onion, sunflower seeds and tossed in a maple balsamic vinaigrette.

ET TU BRUTE 12

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