

PIZZA

Caprese Pizza.....	17
<i>Tomatoes, mozz chunks, pesto & parsley</i>	
Avocado Pesto Pizza.....	18
<i>Avocado, pesto sauce, mozz cheese</i>	
Veggie Deluxe Pizza	16
<i>Roasted peppers, fresh mushroom & onion with mozz cheese</i>	
Whole Wheat Pizza.....	13
<i>Add your own toppings:.....1 each</i>	
<i>tomatoes, peppers, mushrooms, olives, onions, spinach</i>	

QUESADILLAS

Whole Wheat Veggie Cheese Quesadilla	12
<i>Tomatoes, onions, spinach, mozzarella cheese & rotev sauce. Side of salsa, sour cream & guacomole. Gluten free available.</i>	
Whole Wheat Greek Quesadilla.....	12
<i>Mozzarella & feta cheese, tomatoes, onion, peppers, black olives & Greek dressing. Side of salsa, sour cream & guacomole. Gluten free available.</i>	
Whole Wheat Pizza Quesadilla.....	12
<i>Pizza sauce & mozzarella cheese. Side of salsa, sour cream & guacomole.</i>	
Whole Wheat Tuna Quesadilla	12
<i>Tuna, onions, butter & cheese</i>	
Whole Wheat Avocado Quesadilla	12
<i>Cheese & avocado</i>	
Egg & Cheese Quesadilla	12
<i>Scrambled eggs with cheese. guac on the side</i>	

Gluten Free available.

PANINIS

Mushroom Panini	12
<i>Sautéed mushroom, onions, mozzarella cheese and pesto sauce</i>	
Pizza Panini	12
<i>Cheese, marinara sauce and spices</i>	
Tuna Melt Panini	12
<i>Sautéed onions, butter, tuna and cheese</i>	
Grilled Cheese Panini	12
<i>Butter, oregano, cheddar cheese with pickles and marinara sauce</i>	
Grilled Vegetable Panini	12
<i>Zucchini, pepper & onions all marinated with pesto sauce and mozz cheese</i>	

WRAPS • sandwiches

Tuna Wrap (<i>Tomatoes, lettuce, pickles on a whole wheat wrap</i>)	10
WW Grilled Vegetable & Fresh Mozzarella Wrap.....	11
Fresh Baked Salmon Vegetable Wrap.....	14.5
<i>Zucchini, tomato, onions, red pepper and garlic pesto</i>	
Tomato Mozzarella Caprese Sandwich	12
<i>Available on whole wheat wrap</i>	
Open Faced Tuna Melt (<i>Tuna, tomatoes, mozzarella cheese</i>).....	10
Egg Salad Wrap	8
<i>Egg salad and lettuce.</i>	
Buffalo or BBQ Cauliflower Wrap	12.5
<i>Onion, tomatoes & cheese</i>	



BREAKFAST

Spanish Omelet on Baguette	11
<i>Eggs with peppers, tomatoes, onion, cheese, spicy sauce, side of hash browns</i>	
Egg & Cheese Sandwich on Baguette	11
Egg & Cheese Croissant	10
Egg & Cheese Wrap	11
Egg & Cheese Omelet	10
<i>With toast, side of hash browns</i>	
Scramble Eggs	10
<i>With toast, side of hash browns</i>	
Egg White & Veggie Omelet	10
<i>Egg whites with tomatoes & spinach with toast & side of hash browns</i>	
Egg & Veggie Omelet	10
<i>Eggs with tomatoes & spinach with toast & side of hash browns</i>	
Breakfast Burrito.....	11
<i>Tomatoes, peppers, onions, eggs, cheese, spicy sauce and hash browns in a whole wheat wrap</i>	
Shakshuka	12.5
<i>Poached eggs in tomato sauce with peppers, spinach & onions, side of toast</i>	
Hash Browns.....	3.75
Pancakes	6
<i>4 pancakes with a side of maple syrup</i>	
Pancake Platter	13.5
<i>3 pancakes with a side of maple syrup and strawberry jelly, 3 pcs of toast with scrambled or sunny side up eggs</i>	
Avocado Toast	
<i>Avocado, lettuce, tomato and sunny side egg</i>	
	<i>Well done \$12 Over easy \$13.99</i>

*All bread can be substituted for ww

*Hash browns and toast can be substituted for garden salad

BAGELS

Plain or Whole Wheat Bagel.....	1.5
Bagel with Cream Cheese	3.5
Bagel with Egg & Cheese	5.5
Bagel with Tuna - lettuce, tomatoes, pickles	5.5
Pizza Bagel	4.5
Bagel with Butter	2.5
Plain Everything Bagel	1.5
WW Everything Bagel.....	1.5
Plain Croissants	4.5

PIZZA

Plain Pizza.....	12
<i>Add your own toppings:.....1 each</i>	

LUNCH

Soup du jour	7
Garlic Pesto Zoodle Pasta	13
<i>Spiralized zucchini with garlic pesto sauce & parmesan cheese</i>	
Cheese & Marinara Zoodle Pasta	13
<i>Spiralized zucchini with marinara sauce & mozzarella cheese</i>	
BBQ Cauliflower Bites	12.5
<i>Baked cauliflower tossed in tangy BBQ sauce with dip on the side</i>	
Spicy Buffalo Cauliflower Bites	12.5
<i>Baked cauliflower marinated in spicy sauce with dip on the side (available on whole wheat wrap or a baguette with tomatoes onions & cheese)</i>	
Stuffed Portabellas.....	14
<i>Two portabella mushrooms stuffed with spinach, mozzarella and parmesan cheese with a side of salad.</i>	
Eggplant Parmesan.....	13
<i>Baked in house marinara sauce, mozzarella cheese, parsley</i>	

APPETIZER • sides

Mozzarella Sticks.....	7.5
Nachos.....	12
<i>Cheese sauce, guacamole, olives, tomatoes, red onion & sour cream</i>	
Zucchini Rolls.....	10.5
<i>Fried/baked & stuffed with mozzarella. Lettuce, tomato salad incl.</i>	
French Fries (Melted Cheese - add \$1).....	4
Curly Fries (Parmesan on top)	4.5
Poutine	7.5
<i>Mozzarella, cheddar cheese and gravy mix on french fries</i>	
Cheese Wanton	7.5
<i>Stuffed with feta + mozzarella cheeses and fried onions</i>	
Stuffed Baked Potatoes	11.5
<i>Fresh mushroom, spinach, cheese & a side of sour cream</i>	
Potato Cheese Balls	8.5
<i>6 fried balls with ranch dressing</i>	

PASTA

Mac n' Cheese	12
Penne a 'la Vodka	13.5
Fettuccine Alfredo.....	13.5
<i>Fettuccine pasta with cream sauce topped with parmesan cheese.</i>	
Cheese Ravioli	13.95
<i>Ravioli stuffed with ricotta in marinara sauce topped with mozzarella cheese</i>	
Mushroom Ravioli.....	13.95
<i>Ravioli stuffed with mushrooms in cream sauce topped with grilled mushrooms and onions</i>	
Kava Seafood Pasta	14
<i>Marinate with special sauce, fish and fettuccine noodle</i>	

FISH

Tilapia Fish Plate.....	15.95
<i>Baked or beer battered tilapia, grilled veggies, roasted potatoes</i>	
Fish Tacos	
<i>Double corn tortilla with pico de gallo salsa, avocado, parsley on top</i>	
	Tilapia \$11.75 Salmon \$12.25
Fresh Baked Salmon Fillet.....	12
<i>Served on a bed of lettuce with Caesar dressing on the side</i>	
Salmon Fish Plate.....	18
<i>Grilled salmon, grilled veggies, roasted potatoes</i>	
Kava House Fish Plate	14.95
<i>Grilled or fried fish w/ small side of rice and salad w/ special Kava dressing</i>	
Fish and Chips.....	14.5
<i>House fries, beer battered tilapia</i>	
Tuna Steak.....	18
<i>8oz served with mash potatoes with gravy and grilled broccoli and carrots</i>	

SALADS

Greek salad	13.95
<i>Lettuce, tomato, onions, peppers, black olives, cucumbers, feta cheese and Greek dressing</i>	
Caesar salad	13.95
<i>Lettuce, shredded parmesan, croutons, cherry tomatoes, Caesar dressing</i>	
Kava House salad.....	13.95
<i>Romaine lettuce, avocado, tomato & red onion with lemon vinaigrette dressing</i>	
Salmon Salad.....	16.95
<i>Grilled salmon on garden salad with dressing</i>	
Roasted Veggie Salad.....	14.95
<i>Lettuce, red and yellow pepper, sweet potato, snap peas topped with sunflower seeds and croutons with the option of feta cheese with Greek dressing</i>	
Salmon-Quinoa Salad.....	16.95
<i>Lettuce, cucumbers, quinoa, chickpeas, salmon, purple onions, cranberries pistachio nuts and Nish-Nosh dressing.</i>	
Italian Salad.....	14.95
<i>Lettuce, tomato, fresh sautéed mushrooms, cashew nuts, feta cheese, with basil pesto dressing.</i>	
Tuna Salad.....	13.95
<i>Lettuce, tomato, red onions, pickles, with Caesar dressing.</i>	
Sushi Salad.....	16.95
<i>Lettuce, sushi rice, avocado, cucumbers, shredded carrot and flaked salmon</i>	
Crispy Asian Salad.....	13.95
<i>Lettuce, tomatoes, onions, peppers, soy beans, purple cabbage, cucumbers, crispy wontons with nish nosh dressing.</i>	
Caprese Salad.....	13.95
<i>Lettuce, fresh mozzarella, cherry tomatoes marinated with olive oil and spices</i>	
Extra Scoop of Tuna.....	3.75