

Panini Sandwiches

A Panini or panino is a sandwich made from a small loaf of bread. The loaf is often cut horizontally and filled with meat, cheese or other food, and sometimes served hot.



The word "panino" [pa'ni:no] is Italian (literally meaning small bread roll), with the plural Panini.

All of our Panini Sandwiches are served on fresh baked panini buns, with fresh ingredients.

Pizza Paninis:

Tired of the usual? Our pizza paninis offer you a new twist on an all-time favourite.

Cheese Pizza Panini \$2.95

Bacon Pizza Panini \$3.95

Pepperoni Pizza Panini \$3.95

Pepperoni & Mushroom Pizza Panini \$4.95

Lottza Cheese: A grilled Panini with Mozzarella and Canadian Cheddar cheese slices. \$4.95

Asparagus Panini: Grilled Asparagus topped with Parmesan and Mozzarella cheeses. \$5.95

Grilled Chicken Panini: Slices of roasted chicken breast topped with our savoury hot sauce and Canadian Cheddar cheese. \$4.95

Roast Beef Panini: A generous portion of sliced roast beef. Served with your choice of Dijon Mustard or Horseradish. \$5.95

Chicken Clubhouse Panini: An oven roasted chicken thigh served with bacon, ham and lettuce. \$6.95

Ham and Cheese Panini:

Generous slices of ham topped with Canadian Cheddar and Swiss cheese. \$5.95

Pizza on a Wrap

Do you like Pizza? Our pizza is baked on a wrap! Loaded with toppings, and so cheesy you will wait for us to tell you silly jokes!

Seriously, our pizza on a wrap is baked in a cast iron fry pan, offers a crispy wrap in your choice of flavours with your favourite toppings.

Vegetarian – Fresh Grilled Asparagus, sliced mushrooms, with lots of Mozzarella cheese, and topped with fresh tomatoes \$12.95

Pepperoni – The traditional favourite! Covered with lots of pepperoni and Mozzarella cheese! \$10.95

What – Would -- You -- like?

Toppings include: pepperoni, salami, back bacon, ham, extra cheese, chicken, and roast beef... Ask us and we will make it for you.

Price will vary!

Wraps: A wrap is a variant of a taco or burrito, which includes traditional sandwich fillings wrapped in a pita or soft flour tortilla, a lavish or other soft flatbread.

A wrap may serve as a low-carbohydrate alternative to sandwiches made with bread.

BLT Wrap: The traditional bacon-lettuce and tomato served in a whole-wheat wrap with mayonnaise. \$4.95

Chicken Breast Wrap: Thin slices of chicken breast grilled with Chipolte sauce. A little Western flavour! \$4.95

Sandwiches The simple sandwich is a staple in many cultures. When you think of it, regardless of which culture you can name, usually there is some form of a sandwich as a part of their cuisine.

The pita, the taco, the pizza, the Panini, and the wrap are all, when you think of it, just different versions of the sandwich.

Our sandwiches are served on thick slices of bread!

BLT Sandwich	\$5.95
Roast Beef Sandwich	\$4.95
Ham Sandwich	\$4.95
Denver Sandwich	\$4.95

Potato Wedges –
Tasty roasted potato wedges with just a touch of paprika.

One Pound	\$3.50
One and a half Pound	\$5.00

Add a side of Ranch or Sour Cream \$1.00

Soft Drinks!

Coke™, Coke Zero™, Diet Coke™, Pepsi™, Diet Pepsi™, Sprite™, Sprite Zero™, Dr. Pepper™, Diet Dr. Pepper™ --
\$1.50

Treats!

Ice Cream is always a treat.

We offer both hard ice cream and soft-serve ice cream for your enjoyment.

You never know what flavour of ice cream we will be serving. Some days there is vanilla ice cream in our soft-serve machine, other days there is chocolate.



Other times, we offer ice milk, or Italian Ice.

Small Soft Serve Cone

Small	\$1.25
Large	\$2.50

Hard Ice Cream Cone

Small	\$1.25
Large	\$2.50

Add an extra scoop for \$1.00

Flavours: Dutch Chocolate, Mint Chocolate Chip, Cookies ‘N Cream, Vanilla Yogurt, Chocolate Fudge Brownie

All of our hard ice cream is Chapman’s Ice Cream.

That means there are no nuts in our ice cream.

Gelato is Italian ice cream made from milk and sugar, combined with other flavourings. The gelato ingredients (after an optional pasteurization) are frozen while stirring to break up ice crystals as they form. Like all high-end ice creams, gelato generally has less than 35% air, resulting in a denser and more flavourful product.

We offer Gelato in Mango, Lemon, Chocolate Hazelnut

\$3.00

Waffle Cones

Our Waffle Cones are individually freshly made just for you.

The flavour is amazing!

Small	\$2.50
Large	\$3.75

Waffle Bowl Sundae \$4.95

Waffle Bowl Banana Split \$5.95

Cup of Ice Cream -- A cup of our soft-serve ice cream, served in a cup.

\$2.25 sm

\$3.25 lrg

If you like we can top it with fresh fruit or with a scoop of hot fudge!

Coffee is one of the most popular beverages on earth. The most



commonly held story on the origin of coffee tells of Kaldi, a goatherder who lived in the highlands of Abyssinia (now the African country of

Ethiopia) sometime before 1000 AD.

Legend has it that Kaldi found his goats eating bright red berries from a dark-leaved shrub. Usually calm and responsible, the goats began dancing, frolicking and singing.

Kaldi shared his discovery with local monks who concocted a drink by boiling the berries. Fuelled by the drink, the monks realized that they now had the stamina to pray for hours on end.

Later, a particularly curious monk, who liked the sweet aroma of a burning coffee branch, pulled the charred berries from the fire, ground them down and prepared a black beverage. This liquid was the first coffee.

Today, at the 31A Junot Café, while we don't have any dancing goats, usually, and we don't make you pull charred berries from a fire, we are pleased to offer a selection of freshly brewed coffees to tempt you.

Using the latest technology, each cup of hot delicious coffee is brewed just for you. Choose from light-roast, medium roast, dark roast, flavoured coffees, or decafe. \$2.00

Add a shot – of Espresso to your coffee \$2.00



Espresso is the main type of coffee in most of southern Europe, notably Italy, France, Portugal, and Spain. It is also popular throughout much of the rest of Europe and in Argentina, Brazil, and Cuba, and urban centres in North America, Australia, and New Zealand.

Espresso is growing in popularity in Canada!

While often thought of as a high-powered jolt of caffeine, there is actually about the same amount of caffeine in a shot of espresso as in a regular cup of coffee.

We offer both our dark roast Espresso and Swiss Water decaffeinated Espresso for your enjoyment. \$2.00

Add a shot of chocolate, hazelnut, premier vanilla, or caramel \$0.25

Cappuccino: is an Italian coffee-based drink prepared with espresso, hot milk, and milk foam. A cappuccino differs from a caffè latte in that it is prepared with much less steamed or textured milk than the caffè latte with the total of espresso and milk/foam making up between approximately 150 ml and 180 ml (5 and 6 ounces).

Cappuccino is a tasty pick-me-up or a perfect way to end your meal.

For a cooling treat on those hot days, try one of our Iced Cappuccino beverages! \$2.95 Regular or \$3.95 Double Shot!

Café Latte

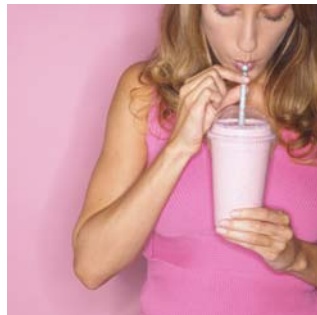
The Italian origin of this breakfast coffee is the inspiration for this tasty beverage. However, international methods of serving may differ greatly from the original. For example, by the darkness of the roast, the use of espresso, and the foaming of milk.

In Europe, it is also common to use the French term café au lait, although in the United States this is defined as regular coffee with warm milk, often served in a bowl.

As recently as 1980, if one ordered a "latte" in an Italian coffeehouse in North America, one would expect to get a glass of milk — and if one ordered a "cafe latte," one would get a beverage very similar to what is called a "latte" by today's standards.

\$2.95

Fruit Smoothies



The origin of the Fruit Smoothie is thought to be in the

“Hippie Generation” of the 1960s. However by the 1980s the fitness craze had increased the desire for a beverage that would provide healthy energy to work out.

Today, the Fruit Smoothie is a refreshing treat made with your choice of soft-serve ice cream or frozen yogurt.

We offer several variations to help you through your day; your workout or just to make sure you are smiling!

Blueberry, Double Banana, Raspberry, Strawberry or “Zaraberry” (ask)

Sm \$3.95

Lg \$4.95

Feeling a little tropical?

Do you like Pina Coladas? Remember the song “Escape”?

*"If you like Pina Coladas, and getting caught in the rain.
If you're not into yoga, if you have half-a-brain.
If you like making love at midnight, in the dunes of the cape.
I'm the lady you've looked for, write to me, and escape."*

Try our Pina Colada Smoothie and Escape!

\$4.50

Sleeping Giant Soda

Our Sleeping Giant Soda™ has its roots, in of all places, New Orleans following Hurricane Katrina. During the storm, writing for an



American-based Internet news site, we ended up with 20 volunteers putting together a missing person’s list of people.

One of the people we assisted is a New Orleans Restaurant owner. He generously shared the recipe and techniques to make our home-brewed Root Beer.

Try it and we think you will enjoy it as much as we do!

SM \$2.00

Lg \$2.50

Jumbo \$2.95

(Served in a tall frozen glass)

Root-Beer Floats -- Add a generous scoop of our soft-serve ice cream and enjoy a delicious Root-Beer Float!

SM \$2.95

Lg \$3.45

Jumbo \$3.95