

Breakfast

Bagels

w/ butter	3.50
w/ cream cheese	4
w/ peanut butter	4

Breakfast WRAPS

The Veggie Breakfast 10

w/ egg, hash browns, red pepper, avocado, feta cheese, cheddar, mayo & fresh basil.

The Big Breakfast 10

w/ egg, bacon, sausage, hash browns, cheddar, feta cheese, mayo & fresh basil.

Salads

Garden Vegetable 14

Organic mixed greens, cucumber, olives, red onion, grape tomatoes, feta cheese, & Balsamic vinaigrette.

Baby Spinach 15.49

Organic baby spinach, walnuts, goat cheese, cherry tomatoes, red onion & a raspberry vinaigrette.

Lunch

Soups-(Please contact cafe for soup(s) of the day)

Small soup	6.65
Large soup	7.65

Grilled Bagel Sandwiches 8.50

-Old Fashioned Ham - Swiss cheese, spinach, tomato, cream cheese, honey mustard, garlic mayo & fresh sage.

- Tuna salad - cheddar, cream cheese, mayo, spinach, tomato, & fresh thyme.

Grilled Paninis** ½ 6.90/12.50

-Roast Chicken - mozzarella, spinach, tomato, fresh basil, aioli, and seeded dijon.

-Italian** - Hungarian salami, hot capicollo, ham, hot banana peppers, mozzarella, garlic mayo, spinach, fresh basil, honey mustard & balsamic reduction.

-Veggie - Spinach, mozzarella, artichoke hearts, roasted red pepper, sundried tomato, fresh basil, sundried tomato pesto, mayo, truffle oil.

-Chicken Sundried Tomato

Pesto** - chicken breast, sundried tomato pesto, mozza, chevre cheese, garlic mayo, spinach and fresh basil.

Grilled Wraps** ½ 6.90/12.50

-Mango Chicken - chicken breast, rice, tomato, cilantro, red and green pepper, red & green onion, basil, feta, sesame oil, mango, spinach, & sweet chili sauce..

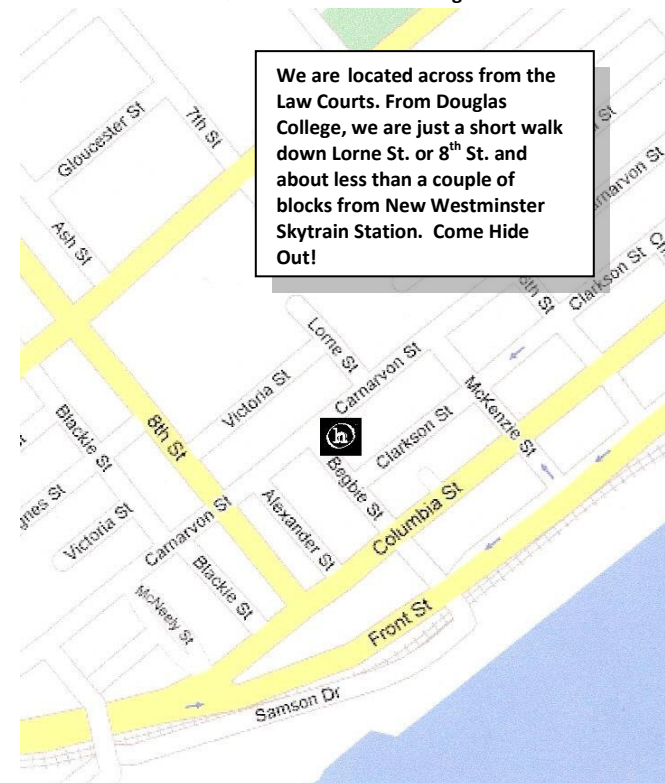
-Black Bean Baja - rice, black beans, corn, cilantro, tomato, red onion, assorted spices, spinach, red & green peppers, mixed herbs, avocado, 4 cheese blend & chipotle sour cream.

-Thai Chicken* - chicken breast, rice, tomato, red onion, red & green pepper, cilantro, basil, sweet chili sauce, thai slaw, peanut sauce, soy sauce & green onion.

* does contain nuts

** paninis or wraps may change periodically.

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Come take a time out and **hide out**

the hide out café

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New Westminster, B.C.
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604.521.3344

email: info@thehideoutcafe.com

check out menu on

website: <http://www.thehideoutcafe.com>



Limited Lunch Catering available

*please allow 2 days notice before placing order

*Call café for more information

*we offer organic when available



Lunch combos available!

½ combo/soup	13
Full combo/soup	18
Lunch Bagel/soup	14

Pressed for time?

Call us @ 604.521.3344 and we'll have your order ready for pick up in 5-10 minutes!

please do not leave orders over voicemail

GST NOT INCLUDED