

Breakfast

Bagels

w/ butter	3.35
w/ cream cheese	3.85
w/ peanut butter	3.85

Breakfast WRAPS

The Veggie Breakfast

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

The Big Breakfast

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

Salads

Garden Vegetable organic

mixed greens, cucumber, olives, red onion, cherry tomatoes, feta cheese, and Balsamic vinaigrette.

Baby Spinach organic

baby spinach, walnuts, Goat cheese, cherry tomatoes, red onion and a raspberry vinaigrette

Lunch

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

Small soup	6.50
Large soup	7.50

Grilled Bagel Sandwiches 8.10

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

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



Grilled Paninis** ½ 6.90/11.42

-**Roast Chicken** - provolone, spinach, tomato, basil aioli, and seeded dijon.

-**Italian**** - pancetta, hot capicollo, ham, hot banana peppers, provolone, grilled onions, garlic mayo, fresh basil, balsamic reduction.

-**Veggie** - Spinach, mozzarella, artichoke hearts, roasted red pepper, sun-dried tomato, basil, pesto, garlic mayo, truffle oil.

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

Grilled Wraps** ½ 6.90/11.42

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

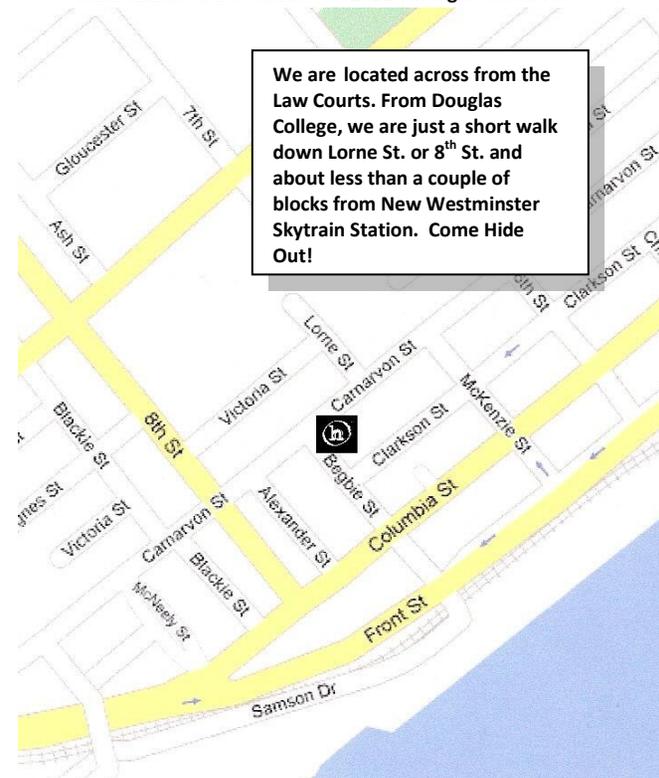
-**Black Bean Baja** - rice, black beans, corn, cilantro, lime, tomato, assorted spices, spinach, red & green peppers, mixed herbs, avocado, 4 cheese blend and chipotle sour cream.

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

*does contain nuts

** panini's or wraps may change periodically.

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

the hide out café

716 Carnarvon Street
New Westminster, B.C.

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604.521.3344

email: info@thehideoutcafe.com

check out our full menu on our

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



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	11.75
Full combo/soup	16.20
Lunch Bagel/soup	12.05

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 order on voice message

GST NOT INCLUDED

