



392 Graham Avenue
 Winnipeg, MB R3C 0L4
 T: 204-66TWIST
 T: 204-668-9478

PHONE IN & TAKE OUT!
WE CATER TOO!

Regular Beverage = 12 oz. Large Beverage = 16 oz.

brewed coffee and tea

		Per Pot	Regular	Large
Coffee	medium roast, dark roast, decaf	9.30	1.60	1.80
Tea			1.60	1.60
Hot Chocolate	steamed milk, chocolate, whip cream		2.75	3.10
London Fog	Earl Grey tea, vanilla, hot water, steamed milk		3.00	3.60

espresso

		Regular	Large
Cappuccino	espresso, steamed milk, foam	2.75	3.35
Latte Caffe	espresso, steamed milk	2.75	3.35
Vanilla Latte	espresso, vanilla, steamed milk, whip cream	3.20	3.80
Mocha Latte	espresso, chocolate, steamed milk, whip cream	3.20	3.80
Caramel Latte	espresso, caramel, steamed milk, whip cream	3.20	3.80
		Regular	Double
Espresso	espresso	1.65	2.00
Americano	espresso, hot water	1.85	2.20
Espresso Macchiato	espresso, foam	1.85	2.20
Espresso Con Panna	espresso, whip cream	1.85	2.20

Add Flavour Shot .50 Made With Soy .50

iced espresso

		Regular	Large
Iced Caffe Latte	espresso, milk over ice	2.75	3.35
Iced Vanilla Latte	espresso, vanilla, milk over ice with whip cream	3.20	3.80
Iced Mocha Latte	espresso, chocolate, milk over ice with whip cream	3.20	3.80
Iced Caramel Latte	espresso, caramel, milk over ice with whip cream	3.20	3.80

Add Flavour Shot .50 Made With Soy .50

smoothies

		Regular	Large
Extreme Berry	strawberry, raspberry, blueberry, blackberry	3.40	3.90
Morning Glory	raspberry, blueberry, banana	3.40	3.90
Mango Madness	mango, banana, peach	3.40	3.90
Peach Plus	peach, raspberry, banana	3.40	3.90
Sunrise	pineapple, blueberry, mango	3.40	3.90

Swirl In Yogurt for .45



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and more

		Regular	Large
Chai Latte	chai tea, steamed milk, foam	3.00	3.60
Iced Chai Latte	chai tea, milk over ice	3.00	3.60
Steamer	flavour shot, steamed milk, foam	2.55	2.90
Icer	flavour shot, milk over ice	2.55	2.90
Italian Soda	flavour shot, soda water over ice	2.10	2.25
Apple Cider	spiced & brewed our way	2.25	2.65
Green Tea Latte	green tea matcha, special steamed milk blend	3.00	3.60

from the cooler

Juice	apple juice, orange juice	1.85
	mango	1.95
V8		1.95
San Pellegrino	limonata, aranciata, aranciata rossa	1.95
Bottled Water		1.75
Soft Drinks	pepsi, diet pepsi, 7-up, diet 7-up, dr pepper, diet dr pepper, ginger ale	1.55
Snapple Lemon Tea		2.35

sandwiches

Vegetarian Sandwich	humus or tzatziki, cheddar, lettuce, tomato, onion, cucumber, sprouts on multigrain bread	5.65
Roast Turkey Sandwich	roast turkey, lettuce, tomato, onion, cucumber, sprouts, mozzarella cheese, cranberry mayo on multigrain	6.75
Roast Beef Sandwich	roast beef, lettuce, onion, mozzarella cheese, dijon mayo on multigrain	6.75
Egg Salad Sandwich	egg salad, lettuce on egg bread	5.35
Tuna Salad Sandwich	solid white tuna, lettuce, tomato on marble rye	6.75
Salmon Salad Sandwich	wild sockeye salmon, lettuce, tomato on marble rye	6.75
Salami Sandwich	salami, tomato, onion, aioli garlic mustard on marble rye	6.50
Sesame Chicken Wrap	roast chicken, spinach, onion, red pepper, cucumber, tzatziki, sesame sauce in whole wheat wrap	6.75
Pesto Chicken Wrap	roast chicken, lettuce, tomato, onion, feta, pesto mayo on a roma tomato wrap	6.95
Chicken Salad Sandwich	dijon chicken salad, lettuce on multigrain	6.75
Pork Loin Sandwich	roast pork loin, lettuce, tomato, onion, smoked gouda, apple sauce, dijon mayo on a lightly toasted onion bagel	6.75

Prices subject to GST and PST. All prices subject to change without notice.



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Meat Load Sandwich	meat loaf, lettuce, tomato, onion, aioli garlic mustard on marble rye		6.75
Focaccia Sandwich	cappicola, roast turkey, lettuce, tomato, onion, smoked gouda, roasted red pepper, sundried tomato aioli on rosemary focaccia		7.45
Ham Sandwich	black forest ham, lettuce, tomato, provolone cheese, dijon mayo on multigrain		6.75
Hot Dog	grilled with mustard, relish, onion, tomato, dill pickle, hot pepper		2.75
	<i>...or customize your own!</i>		
	Whole Pickle	1.50	
		Regular	Large
Add Soup to Sandwich		3.19	4.19

salads

		Side	Full
Kinda Greek Salad	romaine lettuce, tomato, red onion, cucumber, black olives, tossed in a kinda Greek dressing	3.35	6.00
Tossed Salad	romaine lettuce, tomato, red onion, cucumber, croutons, tossed in our own balsamic vinaigrette	2.85	5.25
Caesar Salad	romaine lettuce, creamy dressing, croutons, topped with asiago cheese	3.35	6.00
	Add Chicken	3.00	

what's the soup

ask about our day-to-day selection

		Regular	Large
Soup	with a slice of bread	3.89	4.89
Chili	with a slice of bread		5.99
Add Soup to Sandwich		3.19	4.19

breakfast / bagels and toast

Breakfast Sandwich	baked egg, peameal bacon, tomato, cheese on an English muffin	2.99
Bagel	plain, whole wheat, cranberry, cinnamon raisin	2.10
Bagel with Cream Cheese		2.65
Cinnamon Bread		2.35
Multigrain Bread, Egg Bread, Marble Rye Bread		2.10
Frittata	egg, spinach, tomato, green onion, cheddar & jack cheese served with a slice of toast	3.69



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baked goods

Cookies	chocolate chip	1.90
	ginger	1.90
	oatmeal raisin	1.90
	peanut butter	1.90
	imperial	2.65
	chocolate macadamia nut	1.00
Muffins	banana chocolate chip	2.15
	blueberry	2.15
	cranberry	2.15
	lemon poppy seed	2.15
	raisin bran	2.15
Scones	blueberry	2.25
	cheese	2.25
Squares	carrot cake	2.50
	deep dutch brownie	2.50
	Oh Henry!	3.25
	raspberry cream cheese brownie	3.25
	silk chocolate truffle	2.50
	peanut butter marshmallow	3.00
	puffed wheat	2.25
	rice krispie	2.25
	Apple Jack	3.25
	Granola Bars	3.00
Pecan Tart	2.50	
Raspberry Cream Cheese Danish	2.50	
Rootin' Tootin'	2.85	
Gluten & Nut Free Chocolate Chip Cookie	1.30	