

# Elida's Menu

## BREAKFAST *eggs*

Poached Benedict Egg 460 kcal HP \$ 9

Egg, Sourdough Bread, Avocado, Greens.

Scrambled 411 kcal HP \$ 8

Eggs, Sourdough Bread, Cream, Black Pepper, Greens.

♥ Labneh Roll Omelette 466 kcal HP \$ 8

Eggs, Black Pepper, Labneh, Dry Mint.

## HEALTHY DELIGHTS

Avocado Granola 442 kcal \$ 10

Granola Mix, Honey, Greek Yogurt, Avocado.

Fruity Greek Yogurt 427 kcal HP \$ 9

Granola Mix, Greek Yogurt, Strawberries, Mango, Honey.

## MIDI MAN'OUCHI

Zaatar Bite 2 pieces 390 kcal \$ 4

Cheese Bite 2 pieces 445 kcal \$ 7

Zaatar Cheese Mix 2 pieces 300 kcal \$ 6

Mixed Bites 1 zaatar 1 cheese 1 mix 450 kcal \$ 8

Manchego Cheese 240 kcal \$ 3

Brie Cheese 200 kcal \$ 3

Parmesan Cheese 250 kcal \$ 3

## BRUSCHETTA

Choose your sourdough white / brown

♥ Salmon 300 kcal HP \$ 12

Pomodoro 169 kcal \$ 7

Brie 442 kcal \$ 11



## CROISSANT

Chocolate 420 kcal \$ 5

Cheese 380 kcal \$ 5

Zaatar 350 kcal \$ 4

## COLD APPETIZERS

Guacamole Nachos 139 kcal \$ 10

♥ Labneh Dip Crackers 239 kcal \$ 8

## HOT APPETIZERS

Spicy Edamame 167 kcal HP \$ 8

Dynamite Shrimps 331 kcal HP \$ 12

Fries 1,298 kcal \$ 6

Truffle Fries 516 kcal \$ 9

## FLATBREAD

Choose your dough white / brown

Margherita 2 pieces 453 kcal \$ 7

Mozzarella, Tomato Sauce, Oregano, Dough/Focaccia.

Spicy Diavola 2 pieces 543 kcal \$ 9

Mozzarella, Tomato Sauce, Pepperoni, on a Dough.

Simply Veggie 2 pieces 487 kcal \$ 8

Mozzarella, Tomato, Oregano, Zucchini, Tomato Sauce, Fresh Mushroom, Dough/Focaccia, Onion.

Truffle Cheese 2 pieces 575 kcal HP \$ 10

Truffle, Mozzarella, Baby Rocca, Parmesan, on a Dough.

Choose any 3 out of 4 3 pieces \$ 12

♥ = our recommendation

HP = High Protein

# Elida's Menu

## SANDWICHES & BURGERS

Choose your baguette white / brown

Halloumi Bacon Sando 771 kcal HP \$ 11  
Halloumi, Bacon, Mayonnaise, Baby Rocca, Tomato.

♥ Our Special Burger 1145 kcal HP \$ 13  
Angus Burger, Potato Bun, Caramelized Onion, Smashed Meat Patty, Cheddar Cheese, Served With French Fries.

Chicken Avocado Sando 728 kcal HP \$ 11  
Grilled Chicken, Pickles, Iceberg, Emmental Cheese, Rocca, Avocado, served with fries.

Steak BBQ Sando 768 kcal HP \$ 13  
Grilled Steak Filet, BBQ Sauce, Mushroom, Caramelized Onion, Mayonnaise, Baby Rocca, Emmental Cheese, served with fries.

Tuna Sando 424 kcal HP \$ 9  
Tuna, Capers, Mayonnaise, Iceberg, Cucumber, Pickles, Carrot.

Turkey Cheese 698 kcal HP \$ 9  
Turkey, Emmental Cheese, Mayonnaise, Pesto, Pickles, Tomato, Rocca.



## SALADS

Asian Noodles 261 kcal HP \$ 11  
Noodles, Ginger, Red Cabbage, Iceberg Lettuce, Carrots, Avocado, Black Sesame Seeds.

Chicken Caesar 728 kcal HP \$ 10  
Iceberg Lettuce, Croutons, Chicken Breast, Oregano, Parmesan Tuile, Capers.

Kale Quinoa 587 kcal HP \$ 12  
Chicken Breast, Dried Cranberries, Cashew, Nuts, Kale, Quinoa, Radish, Toasted Sesame Seeds, Apple, Mesclun, Balsamic Sauce.

Halloumi Rocca 484 kcal HP \$ 10  
Mesclun, Halloumi, Rocca, Iceberg, Dried Apricot, Dried Cranberry, Balsamic Sauce.

♥ Goat Cheese 571 kcal HP \$ 12  
Rocca, Goat Cheese, Cucumber, Cherry Tomato, Fresh Mushroom, Walnut, Dried Fig, Mesclun, Honey Mustard Dressing.

♥ = our recommendation

HP = High Protein

## CIGAR LOVERS

Cold Cheese Platter 1,124 kcal HP \$ 22  
Manchego, Brie, Pecan Walnuts, Crackers Bread, Dried Cranberries, Parmesan, Dried Fig.



## SWEET THINGS

Triple Chocolate Cake 550 kcal \$ 7

Vegan chocolate walnut 400 kcal \$ 4

Vegan and lemon blueberry 350 kcal \$ 4

Tiramissu 600 kcal \$ 7

Blueberry cheesecake 500 kcal \$ 8.5

Strawberry cheesecake 500 kcal \$ 6.5

Triple chocolate muffin 500 kcal \$ 4

Chocolate chip vanilla muffin 550 kcal \$ 4

Brownies 570 kcal \$ 9

Fondant Chocolate 550 kcal \$ 9

Crepe Suzette 634 kcal \$ 11  
Orange Juice, Butter, Crepe served with Vanilla Ice Cream.

Crepe Nutella 357 kcal \$ 8  
Nutella Chocolate Spread served with strawberries.

## SABLÉS

Sablés piece \$ 4

Mini box sablés \$ 8

Small mix sablés \$ 18

# Elida's Menu

## SPECIALTY COFFEE

*Hot*

### Espresso

**Single** — One espresso shot.

\$ 3.5

**Double** — Two espresso shots for a fuller, more intense flavour.

\$ 4

### Americano

\$ 4.5

Espresso gently poured over hot water, creating a smooth, full-bodied black coffee with a clean finish.

### Macchiato

\$ 4.5

Espresso "marked" with a dollop of silky steamed milk foam, preserving the coffee's bold character with a touch of sweetness.

### Cortado

\$ 4.5

A perfectly balanced single espresso with warm textured milk, reducing acidity while maintaining the coffee's natural complexity.

### Cappuccino

\$ 5

Espresso with velvety steamed milk and a generous layer of creamy microfoam. Rich, balanced, and beautifully textured.

### Latte

\$ 5.5

Espresso blended with silky steamed milk and finished with a light layer of microfoam for a smooth, creamy coffee.

### Flat White

\$ 5.5

Espresso paired with finely textured milk and little to no foam, delivering a stronger coffee flavour with a velvety finish.

### Mocha

\$ 5.5

A luxurious combination of double espresso, premium organic chocolate, and steamed milk, creating a rich and indulgent coffee experience.

### Elidas Hot Chocolate

\$ 4.5

Crafted with premium organic chocolate and perfectly steamed milk for an exceptionally smooth, rich, and comforting chocolate drink.

### V60

\$ 5.5

Our single-origin coffee brewed slowly by hand using the V60 method, producing a clean cup that highlights delicate floral notes, sweetness, and clarity.

### Chemex

\$ 5.5

A refined filter coffee brewed through the Chemex, offering exceptional clarity, bright acidity, and a silky, tea-like body.

### ♥ Elidas Rakweh

\$ 5

Traditional Lebanese coffee prepared slowly in a rakweh using our specialty coffee beans for a rich aroma and exceptionally smooth finish.

### ADD-ONS:

Alternative Milk \$1.5

Natural Sweeteners \$0.5

Soy  
Oat  
Coconut  
Lactose Free  
Almond

Brown Sugar  
Honey  
Organic Syrup

♥ = our recommendation



*Cold & Iced*

### ♥ Cold Brew

\$ 5.5

Slow-steeped for 24 hours to create an incredibly smooth coffee with naturally sweet chocolate notes and very low acidity.

### Iced Americano

\$ 5.5

A refreshing combination of double espresso, cold water, and ice that preserves the clean flavours of our specialty coffee.

### Iced V60

\$ 5.5

Hand-brewed V60 coffee flash-chilled over ice to lock in its vibrant acidity, floral aromas, and refreshing sweetness.

### Iced Latte

\$ 5.5

Double espresso poured over ice with chilled milk for a refreshing, creamy coffee that's smooth and balanced.

*Elida's Specials Cold*

### ♥ Elidas Latte Macchiato

\$ 6

A signature BloomBar creation featuring our secret ingredient, chilled milk, silky milk foam, and espresso, finished with an edible flower for an elegant floral experience.

### ♥ Elidas Freddo Espresso

\$ 4.5

A double espresso shaken Elida's way until perfectly chilled and lightly frothy, delivering a bold yet refreshing coffee.

### ♥ Elidas Freddo Cappuccino

\$ 6

A chilled double espresso topped with smooth cold-textured milk foam for a creamy, refreshing take on the Italian classic.

*Elida's Specials Hot*

### ♥ Elidas Sweet Mocha

\$ 6

Our signature mocha prepared with premium organic chocolate and a delicate floral touch, creating a rich, velvety coffee with subtle sweetness.

### ♥ Elidas Tea Macchiato

\$ 6

Premium tea topped with a cloud of lightly sweetened cold foam, offering a refreshing contrast between delicate tea and creamy texture.

# Elida's Menu

## COLD BEVERAGES

|                      |      |
|----------------------|------|
| Water Small          | \$ 2 |
| Water Large          | \$ 4 |
| Via Sparkling Small  | \$ 2 |
| Via Sparkling Large  | \$ 4 |
| San Pellegrino Small | \$ 4 |
| San Pellegrino Large | \$ 6 |
| Soft Drinks          | \$ 3 |
| Ice Tea              | \$ 3 |

## FRESH JUICES

|                                                                                                       |        |
|-------------------------------------------------------------------------------------------------------|--------|
| Fresh Orange                                                                                          | \$ 5   |
| <i>Freshly squeezed orange juice, naturally sweet and refreshing.</i>                                 |        |
| Fresh Lemonade                                                                                        | \$ 4   |
| <i>A refreshing homemade lemonade with a perfect balance of sweet and citrus flavors.</i>             |        |
| Mint Lemonade                                                                                         | \$ 4.5 |
| <i>A refreshing twist on classic lemonade with a cool minty finish.</i>                               |        |
| Detox Green                                                                                           | \$ 6   |
| <i>A vibrant green juice crafted for a fresh and revitalizing experience.</i>                         |        |
| <i>Cucumber, Celery, Green Apples, Lemon Juice, Fresh Ginger.</i>                                     |        |
| Immunity Boost                                                                                        | \$ 6   |
| <i>A refreshing wellness blend designed to brighten your day with a citrusy and energizing taste.</i> |        |
| <i>Oranges, Lemon Juice, Fresh Ginger, Fresh Turmeric.</i>                                            |        |

## SHAKES

|                      |      |
|----------------------|------|
| Strawberry milkshake | \$ 5 |
| Chocolate milkshake  | \$ 5 |
| Passion fruit shake  | \$ 5 |
| Mango shake          | \$ 5 |

## MOCKTAILS

|                                                                                    |      |
|------------------------------------------------------------------------------------|------|
| ♥ Lavender Lemonade                                                                | \$ 8 |
| <i>A refreshing blend of zesty lemon and calming floral lavender.</i>              |      |
| Passion Fruit                                                                      | \$ 8 |
| <i>Tropical passion fruit shaken with lime for a bright, sophisticated finish.</i> |      |
| The Elderflower Fizz                                                               | \$ 8 |
| <i>Light, bubbly, and fragrant with delicate elderflower notes.</i>                |      |

♥ = our recommendation



## TEA

|                                                                       |      |
|-----------------------------------------------------------------------|------|
| English Breakfast                                                     | \$ 6 |
| <i>Black Tea.</i>                                                     |      |
| Earl Grey                                                             | \$ 6 |
| <i>Ceylon Black Tea, Oil of Bergamot, Cornflowers.</i>                |      |
| Lemongrass & Ginger Twist                                             | \$ 6 |
| <i>Lemongrass, Ginger, Rooibos.</i>                                   |      |
| Marrakech Mint                                                        | \$ 6 |
| <i>Ceylon Green Tea, Mint Leaves.</i>                                 |      |
| Peppermint                                                            | \$ 6 |
| Jasmine Green Tea                                                     | \$ 6 |
| Ruby Red Delight                                                      | \$ 6 |
| <i>Rosehips, Hibiscus, Ceylon Cinnamon.</i>                           |      |
| Camomile Fresh                                                        | \$ 6 |
| <i>Camomile, Peppermint.</i>                                          |      |
| Jade Green Tea                                                        | \$ 6 |
| <i>Chinese Green Tea.</i>                                             |      |
| Summer Fields                                                         | \$ 6 |
| <i>Lemongrass, Camomile, Hibiscus, Peppermint.</i>                    |      |
| ♥ Organic Cascara & Cocoa Tea                                         | \$ 6 |
| <i>Organic Cascara (Coffee Cherry Husk), Organic Cocoa.</i>           |      |
| Moya Matcha Organic                                                   | \$ 6 |
| <i>Organic Japanese Matcha from the Uji Region, Kyoto Prefecture.</i> |      |

## BEERS

|                |        |
|----------------|--------|
| Almaza / Light | \$ 5   |
| Heineken       | \$ 8   |
| Corona         | \$ 8   |
| Add Mexican    | + \$ 1 |

# Elida's Menu

## FLORAL & BOTANICAL DELIGHTS

|                                                        |       |
|--------------------------------------------------------|-------|
| <b>Gin Lavender</b>                                    | \$ 10 |
| <i>A fragrant, floral twist on a classic gin base.</i> |       |
| <b>Elderflower Martini</b>                             | \$ 10 |
| <i>Delicate, sweet, and elegantly floral.</i>          |       |
| <b>Orchid Martini</b>                                  | \$ 10 |
| <i>Exotic and refined with subtle floral notes.</i>    |       |
| <b>The Black Orchid</b>                                | \$ 10 |
| <i>A mysterious and sophisticated signature blend.</i> |       |

## CLASSIC & SIGNATURE COCKTAILS

|                                                              |       |
|--------------------------------------------------------------|-------|
| <b>Gin Basil</b>                                             | \$ 10 |
| <i>A crisp and botanical refreshing favorite.</i>            |       |
| <b>Aperol Spritz</b>                                         | \$ 10 |
| <i>The classic Italian bittersweet aperitif.</i>             |       |
| <b>Negroni</b>                                               | \$ 10 |
| <i>A bold, timeless blend of gin, vermouth, and bitters.</i> |       |
| <b>Passion Fruit Martini</b>                                 | \$ 10 |
| <i>Tropical, sweet, and vibrantly zesty.</i>                 |       |
| <b>Margarita</b>                                             | \$ 10 |
| <i>The perfect balance of tequila, lime, and citrus.</i>     |       |
| <b>Espresso Martini</b>                                      | \$ 12 |



## Cocktails Pitchers

|                               |       |
|-------------------------------|-------|
| Gin basil pitcher             | \$ 42 |
| Margarita pitcher             | \$ 42 |
| Passion fruit martini pitcher | \$ 42 |
| Gin lavender pitcher          | \$ 42 |
| Lavender lemonade pitcher     | \$ 32 |

# Elida's Menu



## WINE

### LOCAL

|                    |         |         |
|--------------------|---------|---------|
| Ixsir Altitudes    | G \$ 10 | B \$ 35 |
| Red / White / Rosé |         |         |

|                      |         |         |
|----------------------|---------|---------|
| Ixsir Grande Réserve | G \$ 13 | B \$ 50 |
| Red / White / Rosé   |         |         |

### IMPORTED

|                    |         |         |
|--------------------|---------|---------|
| Piccini Toscana    | G \$ 10 | B \$ 35 |
| Red / White / Rosé |         |         |

## VODKA

|            |         |          |
|------------|---------|----------|
| Tito's     | G \$ 10 | B \$ 85  |
| Grey Goose | G \$ 12 | B \$ 100 |
| Belvedere  | G \$ 18 | B \$ 170 |

## TEQUILA

|                    |         |          |
|--------------------|---------|----------|
| 1800 Blanco        | G \$ 10 | B \$ 85  |
| 1800 Reposado      | G \$ 12 | B \$ 100 |
| 1800 Añejo         | G \$ 15 | B \$ 130 |
| Don Julio Reposado | G \$ 18 | B \$ 170 |
| Don Julio Añejo    | G \$ 20 | B \$ 190 |
| Don Julio 1942     | G \$ 30 | B \$ 250 |

## SCOTCH BLENDED

|                             |         |          |
|-----------------------------|---------|----------|
| Jameson                     | G \$ 8  | B \$ 70  |
| Jack Daniel's               | G \$ 8  | B \$ 70  |
| Chivas 12Y                  | G \$ 10 | B \$ 85  |
| Johnnie Walker Black Label  | G \$ 10 | B \$ 85  |
| Old Parr                    | G \$ 15 | B \$ 130 |
| Johnnie Walker Double Black | G \$ 15 | B \$ 130 |
| Johnnie Walker Gold Reserve | G \$ 18 | B \$ 170 |
| Chivas 18Y                  | G \$ 20 | B \$ 190 |
| Johnnie Walker Blue Label   | G \$ 30 | B \$ 250 |

## SINGLE MALT WHISKY

|                 |         |          |
|-----------------|---------|----------|
| Singleton       | G \$ 12 | B \$ 100 |
| Glenfiddich 12Y | G \$ 12 | B \$ 100 |
| Glenfiddich 15Y | G \$ 18 | B \$ 170 |
| Glenfiddich 18Y | G \$ 25 | B \$ 230 |
| Laphroaig 10Y   | G \$ 18 | B \$ 170 |
| Dalmore 12Y     | G \$ 25 | B \$ 230 |
| Balvenie 14Y    | G \$ 25 | B \$ 230 |
| Macallan 12Y    | G \$ 25 | B \$ 230 |
| Macallan 15 Y   | G \$ 35 | B \$ 350 |

# Elida's Menu

## GIN

|            |         |          |
|------------|---------|----------|
| Gordon's   | G \$ 8  | B \$ 70  |
| Tanqueray  | G \$ 10 | B \$ 85  |
| Hendrick's | G \$ 15 | B \$ 130 |

## COGNAC

|                     |         |          |
|---------------------|---------|----------|
| Courvoisier V.S     | G \$ 15 | B \$ 130 |
| Courvoisier V.S.O.P | G \$ 18 | B \$ 170 |
| Courvoisier X.O     | G \$ 30 | B \$ 250 |

## LIQUEURS

|                        |         |          |
|------------------------|---------|----------|
| Jägermeister           | G \$ 10 | B \$ 85  |
| Baileys                | G \$ 10 | B \$ 85  |
| Disaronno Amaretto     | G \$ 12 | B \$ 100 |
| Villa Massa Limoncello | G \$ 12 | B \$ 100 |



## MARTINIS & RUMS

|                                     |         |         |
|-------------------------------------|---------|---------|
| Martini                             | G \$ 8  | B \$ 70 |
| Bianco / Rosso / Rosato / Extra Dry |         |         |
| Morgan White                        | G \$ 8  | B \$ 70 |
| Morgan Spiced                       | G \$ 10 | B \$ 85 |

## PROSECCO

|                             |         |
|-----------------------------|---------|
| Piccini                     | B \$ 10 |
| Astoria Tiemo               | B \$ 45 |
| Astoria Fashion Victim Rosé | B \$ 50 |

## CHAMPAGNE

|           |          |
|-----------|----------|
| Moët Brut | B \$ 160 |
| Moët Rosé | B \$ 200 |
| Moët Ice  | B \$ 220 |