

Eggs & Omelettes

Served with a *Kiva's* hand-rolled bagel. Twister add 75¢. Flat bread add \$1.25. Egg whites, no extra charge!!!

Three Eggs - Any style	\$5.99	Specialty Omelettes	
Eggs & onions	\$7.49	Vegetarian	\$8.99
Two eggs, Israeli salad & cream cheese	\$7.99	Mushroom, tomato, green pepper & onions	
Lox, Eggs & Onions	\$9.99	Greek	\$9.99
Kippers & Eggs	\$9.99	Feta, tomatoes, green pepper & onion	
Create Your Own Omelette (3 eggs)	\$5.99	Spanish	\$8.99
Add cheese	\$1.50	Homemade tomato and veggie sauce	
Add a gourmet cheese	\$2.00	Egg White Pizza	\$9.99
Add a veggie	\$1.00	Open face egg white omelette with homemade tomato and veggie sauce, topped with low-fat mozzarella	
Cheeses:		<i>Kiva's</i> Gourmet Omelettes	\$9.99
Canadian Cheddar, Swiss, Havarti, 7% Cheddar, Lappi, 4% Cheddar, Muenster, Munchee, Light Swiss or lactose free cheese		* Organic baby spinach & feta	
Gourmet Cheeses:		* Old cheddar & broccoli	
Goat Cheese, Canadian Feta, 5% cottage cheese, 0.5% Lana cottage cheese, Brie, Old Cheddar, Gouda or Aged Smoked Cheddar		* Roasted red pepper & goat cheese	
Veggies:		* Gouda & grilled onion	
Tomato, green pepper, mushroom, green onion, roasted red pepper, Spanish onion, broccoli, artichoke hearts, baby spinach, asparagus or kalamata olives		* 0.05% Lana cottage cheese	
		* Spinach, basil, parsley & green onion	
		* Smoked salmon, onion & caper	
		* Cherry tomato & feta	
		* Brie & asparagus	

Salads

Regular served with a *Kiva's* bagel, large with two *Kiva's* bagels. Twister add 75¢.

	Regular	Large		Regular	Large
Kiva's Famous Greek Salad	\$8.99	\$14.99	Asian Tuna Salad	\$11.99	\$17.99
A chopped salad mixed with Feta, and olives, topped with Kiva's Greek dressing.			Romaine lettuce, tuna, mixed peppers, mushrooms, peas, carrots, celery, crispy noodles & sesame seeds.		
Caesar Salad	\$7.99	\$12.99	Asian sesame dressing		
Nick's Tuna Salad	\$11.99	-	Strawberry Brie Salad	\$9.99	\$15.99
A chopped salad mixed with Kiva's Greek dressing and white albacore tuna. Also available with Salmon.			Organic baby spinach, Brie, tomatoes, mandarin oranges, slivered almonds & walnuts. Raspberry vinaigrette dressing.		
Farmers Salad	\$8.99	\$13.99	Avocado Salad	\$11.99	\$17.99
Cottage cheese & sour cream mixed with assorted chopped vegetables.			Iceberg & romaine lettuce, avocado, organic cheddar, grape tomatoes, kidney beans, black beans, corn & red onion. Sweet onion vinaigrette dressing.		
Create Your Own Salad	\$9.99	-	Mediterranean Salad	\$9.99	\$15.99
Choose your lettuce then select from a wide variety of fresh vegetables, nuts, cheeses & dressings. Ask your server for an order form.			Romaine lettuce, roasted red peppers, sun-dried tomatoes, feta, artichoke hearts, cucumber & Kalamata olives. Kiva's own Greek dressing.		

Soups

Homemade everyday from scratch.

Matzo-Ball	\$3.99
Soup of the Day	\$3.99
Soup & Bagel Combo	\$4.99
Soup-to-go (1 Litre) Ask your server.	\$7.99

Bagels & Breads

<i>Kiva's</i> Bagel	\$2.00
Poppy, extra poppy, sesame, multi-grain, whole wheat, flax seed, everything, pumpernickel, marble, or bald.	
Twister	\$2.50
Poppy, extra poppy, sesame, or whole wheat.	
Bun, Roll or Bread	\$2.00
Flat Bread	\$2.50
Ask for today's varieties.	

Scoops

Served with a *Kiva's* bagel or Twister

	Small	Large
Cream cheese or cottage cheese	\$4.99	\$5.99
With Lox	\$8.99	\$10.99
With Wild BC Lox	\$10.99	\$12.99
Nova Lox	\$6.99	\$8.99
White Albacore Tuna	\$6.99	\$8.99
Sockeye Salmon	\$7.99	\$9.99
Chopped Egg	\$4.99	\$5.99
Sliced Cheese	\$4.99	\$5.99
Swiss, cheddar, lappi, Havarti, Munchee. . .		
Vegetarian Chopped Liver	\$6.99	\$8.99
Cream cheese & Lox Tidbits Spread	\$7.99	\$9.99

Sandwiches

Served with french fries or side salad

Big Al	\$10.99
Lox, chopped egg, Kraft cheese, and lettuce on an onion bun.	
Monte Cristo	\$10.99
Swiss cheese and Lox on grilled Challah.	
Tuna on a Cloud	\$10.99
Tuna and cream cheese on a Twister.	
Tuna Melt	\$9.99
Tuna and melted cheese on a croissant or bagel.	
Fried Egg on a bagel	\$6.99
On a twister	\$7.99
Grilled Cheese & Fries	\$7.50
Cheddar, Swiss or Havarti. . .	
Triple Decker Grilled Cheese	\$8.50
With coleslaw & fries	
Bagel Buddies	\$11.99
Three mini bagels with cream cheese, tuna, and chopped egg.	
Pizza Bagel	\$8.99
Our own pizza sauce with green peppers, onions tomatoes & mushrooms topped with mozzarella cheese. Not served with fries or a salad.	
Pizza Twister	\$9.99
Same as above but on a Twister.	

Kiva's Clubs

Served with french fries or side salad

Original Club	\$10.99
Double decker with Lox, cream cheese, lettuce, tomato, cucumber, and onion on black bread.	
Tuna Club	\$10.99
Double decked with tuna, lettuce, tomato, cucumber, onion & cheddar or swiss cheese.	
Salmon Club	\$11.99
Double decker with salmon, lettuce, tomato, cucumber, onion & cheddar or swiss cheese.	

Platters

Twisters add 0.75¢.

Scoop Platter - Served with Veggies

Two Scoops with one bagel	\$12.99
Three Scoops with two bagels	\$16.99

Choose Your Scoops:

Chopped egg, white albacore tuna, cream cheese, cream cheese with chives, cream cheese with dill, cottage cheese, 0.5% Lana cottage cheese, sockeye salmon or veggie chopped liver.

Smoked fish with coleslaw By Weight
Choice of Sisco, chubbs, herring, salmon snack or smoked carp.

Hot off the Griddle

Served with Fresh Fruit or à la carte.

	à la carte	with fruit
Homemade Pancakes	\$7.99	\$9.99
Served with syrup and butter.		
with blueberry sauce	\$8.99	-
French Toast	\$7.99	\$9.99
4 slices of Challah bread dipped in farm fresh eggs. Thick or thin slices.		
Multi-grain French Toast	\$7.99	\$9.99
Served with syrup and butter.		
Homemade Cheese Blintzes	\$10.99	\$12.99
Regular or sugar-free. With apple sauce or sour cream.		
Homemade Waffles	\$7.99	\$9.99
Served with syrup and butter.		
Hot Oatmeal	\$4.99	\$6.99

Fresh Fruit

Fresh fruit cup	\$3.99
Fresh fruit bowl	\$5.99
Yogurt parfait with granola & fresh fruit	\$8.99
Cottage cheese & fresh fruit	\$9.99
Half a cantaloupe	\$4.99
With cottage cheese	\$7.99
Half a grapefruit	\$2.99
Bowl of strawberries with yogurt or sour cream	\$6.99

Kids Menu

10 and Under

Mini bagel with:	\$4.99
Cream cheese, tuna or chopped egg	
Scrambled eggs & a mini bagel	\$4.99
Grilled cheese and fries	\$4.99
Pancakes	\$4.99
With bananas or strawberries	
French toast	\$4.99
With bananas or strawberries	
Mini pizza bagel with fries	\$4.99