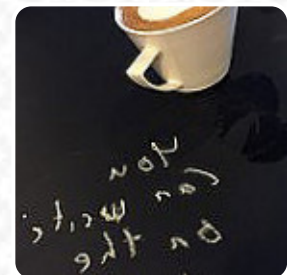




## From the Grind Up Menu

<https://menuweb.menu>

122 Scott St, Fort Frances, Ontario P9A 1G6, Canada  
+18072705282 - <http://from-the-grind-up.onuniverse.com/>



On this website, you can find the **complete [menu](https://menuweb.menu) of From the Grind Up** from Fort Frances. Currently, there are **31** dishes and drinks up for grabs. From the Grind Up is a licensed cafe nestled in the heart of downtown Fort Frances, Ontario. Our menu features a selection of light breakfast fare, homemade soup, coffee, and tea. On Friday evenings and event nights, we also offer a variety of draught beer, wine, and cocktails.

# From the Grind Up Menu



## Soups

CHICKEN SOUP

CAPRESE

SIDE SALAD

## Fish

SEA BASS

## Coffee

CAPPUCCINO

ICED COFFEE

ESPRESSO

LATTE

## Soft Drinks

LEMONADE

## Drinks

BEER

DRINKS

## Ingredients Used

GARLIC

PAPRIKA

HAM

CORN

PORK MEAT

## Indian

CHAI

CHAI LATTE

## These Types Of Dishes Are Being Served

## Hot Drinks

COFFEE

TEA



SOUP

WRAP

SALAD

## Restaurant Category

GLUTEN FREE

VEGETARIAN

TAPAI

MEAT

PANINI

PIZZA

CHICKEN

## Salads

SIDE SALAD

# From the Grind Up Menu

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## From the Grind Up

122 Scott St, Fort Frances,  
Ontario P9A 1G6, Canada

**Opening Hours:**

Monday 10:00-16:00  
Tuesday 10:00-16:00  
Wednesday 10:00-16:00  
Thursday 10:00-16:00  
Friday 10:00-21:00

Made with [menuweb.menu](https://menuweb.menu)

