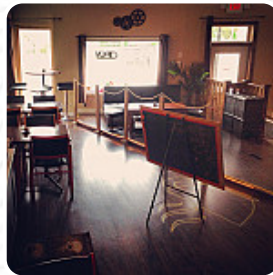




## ***From the Grind Up Menu***

<https://menulist.menu>

122 Scott St, Fort Frances, Ontario P9A 1G6, Canada  
(+1)8072705282 - <http://from-the-grind-up.onuniverse.com/>



A complete [menu](#) of *From the Grind Up* from Fort Frances covering all 28 courses and drinks can be found here on the menu. For **seasonal or weekly deals**, please get in touch via phone or use the contact details provided on the website. What [User](#) likes about From the Grind Up:

A coffee shop and more. They have great soups and paninis as well as specialty coffees, teas and local draft beer. Ben the owner and staff do a great job, promoting the area and music. Nice seating area with great decor. There is a small stage for local talent and people passing through. Hope to be back again! [read more](#). When the weather is pleasant you can also have something outside, and there is complimentary WiFi. What [User](#) doesn't like about From the Grind Up:

Small establishment that was quiet upon entering, and I did not find a large selection of baked or complimentary goods to have with coffee, so I just ordered coffee. [read more](#). In *From the Grind Up* in Fort Frances, they prepare **crispy pizza** using a traditional method, served straight out of the oven, here they serve a comprehensive brunch in the morning. At the bar, you can still relax after the meal (or during it) with an alcoholic or non-alcoholic drink, It's worth mentioning that the original Canadian menus are well received by the customers of the local.

# *From the Grind Up Menu*



## *Non alcoholic drinks*

CHAI

## *Alcoholic Drinks*

BEER

## *10 most popular*

ORIGINAL

## *Main courses*

SIDE SALAD

## *Sandwiches*

THE VEGGIE

## *Spirits*

AMERICANO

## *Hot drinks*

TEA

## *Drinks*

DRINKS

## *McCafé® Coffees*

ICED COFFEE

## *Salads*

CAPRESE

SIDE SALAD

## *Restaurant Category*

GLUTEN FREE

VEGETARIAN

## *These types of dishes are being served*

SALAD

PIZZA

SOUP

PANINI

## *Coffee*

CAPPUCCINO

ESPRESSO

LATTE

CHAI LATTE

COFFEE

## *Dishes are prepared with*



GARLIC

PAPRIKA

CHICKEN

CRUDE

MEAT

PORK MEAT

# *From the Grind Up Menu*



## *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 [menulist.menu](https://menulist.menu)

