



## 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/>



A **comprehensive menu** of **From the Grind Up** from Fort Frances featuring all **31** meals and drinks can be found here on the menu. 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

## Fish

SEA BASS

## Soft Drinks

LEMONADE

## Drinks

BEER

DRINKS

## Indian

CHAI

CHAI LATTE

## Hot Drinks

COFFEE

TEA

## Restaurant Category

GLUTEN FREE

VEGETARIAN

## Salads

SIDE SALAD



CAPRESE

SIDE SALAD

## Coffee



CAPPUCCINO

ICED COFFEE

ESPRESSO

LATTE

## Ingredients Used

GARLIC

PAPRIKA

HAM

CORN

PORK MEAT

## These Types Of Dishes Are Being Served



SOUP

WRAP

SALAD

TAPAI

MEAT

PANINI

PIZZA

CHICKEN

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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 [Menu](#)

