



ALL DAY MENU

BREAKFAST

Porridge oats, raisins, hemp hearts, locally sourced maple syrup (VG, GF)	9
Montreal Bagels cinnamon raisin, poppy seed, or sesame seed butter, peanut butter or house made jam	5
plain cream cheese	5.5
cream cheese and seasonal vegetables	8.5
smoked salmon, cream cheese, capers, red onion, greens	12
Breakfast Muffin fried egg, tomato, pesto mayo, cheddar, greens, add bacon	8 1.5
Western Sandwich cheddar cheese, ham, peppers, onions, sourdough	15
Breakfast Hash 2 eggs, potato hash with onions and peppers, hollandaise add corn beef (GF)	16 3
Spinach Omlete 3 eggs, sautéed spinach, onions, Crosswind goat feta, sourdough toast	17
French Toast sourdough spelt bread, vanilla egg batter, Crosswind Farm Goat Cheese, maple syrup blueberry compote, powdered sugar	17

LUNCH

Quiche seasonal vegetables and local cheese, served with your choice of soup or green salad	16
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Chicken Satay 3 chicken skewers, peanut sauce, basmati rice, green herbs and sprout salad (GF) 18

SALADS- greens sourced from the farm (seasonal)

Pan Seared Wild Atlantic Salmon Salad mixed greens, white balsamic, tomato, cucumber, red onions, bell peppers (GF) 22

The Cobb shredded romaine, housemade buttermilk ranch, cheddar, ham, chicken breast, cucumber, tomatoes, red onions, egg (GF) 19

Maple Glazed Poached Pear Salad- pickled beets, spinach, toasted almonds, Crosswind goat cheese, white balsamic vinaigrette (VG, GF) 17

SOUP made daily (VG, GF) small, large 8, 10
Add sourdough spelt bread or GF bread 1.5

SANDWICHES- housemade sourdough spelt, tortilla wrap or gluten-free bread with choice of seasonal slaw or potato chips
upgrade with soup or green salad 7

Roasted Chicken Club Sandwich chicken breast, bacon, cheddar cheese, greens, tomatoes, pesto mayo 18

Grilled Cheese house-made pesto, local buffalo caciocavallo, parmesan (VG option) 17

Reuben 5oz shaved corned beef, swiss cheese, caramelized onions, pickles, smoky sauce 18

Black Bean Quesadilla local buffalo caciocavallo, cheddar, peppers, onions, tomato, flour tortilla, side of sour cream and salsa roja add chicken 4 16

6 oz Opoma Farm Beef Burger swiss, mushroom OR bacon, cheese dill pickle, greens, smoky sauce, red onion on a brioche bun 20

Hummus Wrap roasted garlic hummus, Crosswind goat cheese, fresh seasonal vegetables, white balsamic dressing (V, VG) 17