



ALL DAY MENU

BREAKFAST

Montreal Bagels cinnamon raisin, everything, or sesame seed butter, peanut butter or house made jam	5
plain cream cheese	5.5
smoked salmon, cream cheese, capers, red onion, greens	13
Breakfast Muffin fried egg, tomato, pesto mayo, cheddar, greens, add bacon	8 2
Western Sandwich 2 egg, cheddar cheese, ham, peppers, onions, sourdough toast	17
Breakfast Hash 2 eggs, potato hash with onions and peppers, hollandaise add corn beef	17 3
Breakfast Burrito 2 eggs, sausage, spinach, peppers, onions, jack cheese, flour tortilla	18
Spinach Omlette 3 eggs, sautéed spinach, onions, Crosswind goat feta, sourdough toast	18
French Toast sourdough spelt bread, vanilla egg batter, Crosswind Farm Goat Cheese, maple syrup blueberry compote, powdered sugar	18
Sourdough Pancakes 3 pancakes, lemon crème fraîche, maple syrup	18

LUNCH

Soup of the day (VG, GF) small, large 8, 10
Add sourdough spelt bread or GF bread 1.5

Dave's Chili black bean, Opoma Farm grass-finished beef, sour dough toast 18
add GF bread 1.5

Quiche seasonal vegetables and local cheese, served with your choice 17
of soup or green salad (V)

SALADS- greens sourced from the farm (seasonal)

Pan Seared Wild Atlantic Salmon Salad mixed greens, white balsamic, 24
tomato, cucumber, red onions, bell peppers (GF)

The Cobb shredded romaine, housemade buttermilk ranch, cheddar, 20
ham, chicken breast, cucumber, tomatoes, red onions, egg (GF)

Maple Glazed Poached Pear Salad pickled beets, spinach, toasted almonds, 18
Crosswind goat cheese, white balsamic vinaigrette (VG, GF)

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

upgrade to vegan soup or green salad instead

Roasted Chicken Club chicken breast, bacon, cheddar cheese, 20
greens, tomatoes, pesto mayo

Reuben 5oz shaved corned beef, swiss, caramelized onions, pickles, 20
smoky sauce

3 Cheese Rice + Bean Burrito housemade refried beans, spanish rice, spinach, 19
flour tortilla, side of cilantro lime crema and salsa roja

Grilled Cheese tomato onion jam, jack, cheddar, parm on buttered sourdough 18

Burger 6oz Opoma Farms beef, cheddar, bacon, caramelized onions, 22
shredded lettuce, burger sauce, brioche bun

Hummus Wrap roasted garlic hummus, Crosswind goat cheese, fresh 18
seasonal vegetables, white balsamic dressing (V, VG) add chicken 4