



ALL DAY MENU

BREAKFAST

Porridge: oats, raisins, toasted hemp hearts, served with side of locally sourced maple syrup (VG, GF)	7
Montreal Bagels: cinnamon raisin, poppy seed, or sesame seed butter, peanut butter or house made jam	3.5
plain cream cheese	3.5
cream cheese and seasonal vegetables	6
smoked salmon, cream cheese, capers, red onion, greens	8.5
Breakfast Muffin: fried egg, tomato, pesto mayo, cheddar, greens, add bacon	6 1.5
Western Sandwich: cheddar cheese, ham, peppers, onions, sourdough spelt	11
Breakfast Burrito: scrambled eggs, sautéed peppers and onions, sausage, monterey jack cheese, spinach, flour tortilla	11
French Toast sourdough spelt bread, vanilla egg batter, Crosswind Farm Goat Cheese, maple blueberry compote, powdered sugar	13
<u>LUNCH</u>	
Quiche seasonal vegetables and local cheese, served with your choice of soup or green salad	12

Chili Opoma Farm's ground beef, soffrito, black beans, tomato puree, cheddar cheese, housemade sourdough spelt bread (GF w/ GF bread) 12

SALADS- Greens sourced from North Gate Organics (seasonal)

Pan Seared Wild Atlantic Salmon Salad mixed greens, white balsamic, tomato, cucumber, red onions, bell peppers 16

The Cobb shredded romaine, housemade buttermilk ranch, cheddar, ham, chicken breast, cucumber, tomatoes, red onions, egg (GF) 14

Beet and Spinach (seasonal arugula) pickled beets, spinach, local apple, Crosswind goat cheese, candied walnuts, white balsamic vinaigrette (V, GF) 12

SOUP made daily (VG, GF) small, large 6, 8
Add sourdough spelt bread or GF bread 1.5

SANDWICHES- housemade sourdough spelt, rye, or gluten-free bread with choice of seasonal slaw or potato chips
upgrade with soup or green salad 5

Roasted Chicken Club Sandwich chicken breast, bacon, cheddar cheese, greens, tomatoes, pesto mayo 13

Grilled Cheese cheddar cheese, monterey jack cheese, tomato onion jam, garlic butter (V, VG) 11

Reuben 5oz shaved corned beef, swiss cheese, caramelized onions, pickles, smoky sauce 13

Rice and Bean Burrito jack, cheddar, Crosswind Farm goat feta, house-made refried black beans, tomato rice, spinach, flour tortilla, side of cilantro lime crema (V, VG) 12

6 oz Opoma Farm Beef Burger bacon, cheddar, dill pickle, greens, chipotle BBQ sauce on a brioche bun 16

Hummus Wrap roasted garlic hummus, goat cheese, fresh seasonal vegetables, white balsamic dressing (V, VG) 11