



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	16
Breakfast Hash 2 eggs, potato hash with onions and peppers, hollandaise add corn beef	17 3
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
Quebecois Crepes 3 Thin Sugar Shack style “pancakes”, served with either Nutella, strawberries and whip cream OR seasonal berries and maple syrup	18

LUNCH

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

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

SALADS- greens sourced from the farm (seasonal)

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

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

Chicken Caesar romaine hearts, roasted chicken breast, creamy garlic dressing, bacon bits, herb and parm croutons, parmesan flakes 18

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

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

upgrade to vegan soup or green salad instead 7

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

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

Black Bean Quesadilla mozzarella, cheddar, peppers, onions, tomato, flour tortilla, side of sour cream and salsa roja (V, VG) 18
add chicken 4

Roast Beef, Cheese and Peppers 5oz beef, cheese sauce, marinated sweet and hot peppers, herb mayo, brioche bun 20

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

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