



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	12
Breakfast Muffin fried egg, tomato, pesto mayo, cheddar, greens, add bacon	8 2
Western Sandwich 2 egg, cheddar cheese, ham, peppers, onions, sourdough toast	15
Breakfast Hash 2 eggs, potato hash with onions and peppers, hollandaise add corn beef (GF)	16 3
Spinach Omlette 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
Monte Cristo sourdough spelt bread, egg batter, ham, swiss, mustard, maple syrup, powdered sugar	17

LUNCH

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

French Onion Soup caramelized onions, natural beef broth, sherry 15
reduction, garlic parm crutons, swiss

Quiche seasonal vegetables and local cheese, served with your choice 16
of soup or green salad (V)

SALADS- greens sourced from the farm (seasonal)

Pan Seared Wild Atlantic Salmon Salad mixed greens, white balsamic, 23
tomato, cucumber, red onions, bell peppers (GF)

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

Maple Glazed Poached Pear Salad- pickled beets, spinach, toasted 17
almonds, 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 with vegan soup or green salad

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

Grilled Cheese tomato onion jam, mozzarella, parmesan, cheddar (V, VG) 17

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

Black Bean Quesadilla mozzarella, cheddar, peppers, onions, tomato, 17
flour tortilla, side of sour cream and salsa roja (V, VG) add chicken 4

Beef Dip 5oz thinly sliced, slow roasted beef, bone broth, swiss, ciabatta 20

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