



## ALL DAY MENU

### **BREAKFAST**

<b>Porridge</b> oats, raisins, hemp hearts, locally sourced maple syrup (VG, GF)	8
<b>Montreal Bagels</b> cinnamon raisin, poppy seed, or sesame seed butter, peanut butter or house made jam	4.5
plain cream cheese	5
cream cheese and seasonal vegetables	8
smoked salmon, cream cheese, capers, red onion, greens	10
<b>Breakfast Muffin</b> fried egg, tomato, pesto mayo, cheddar, greens, add bacon	7 1.5
<b>Western Sandwich</b> cheddar cheese, ham, peppers, onions, sourdough	14
<b>Breakfast Burrito</b> scrambled eggs, sautéed peppers and onions, sausage, monterey jack cheese, spinach, flour tortilla	14
<b>Spinach Omlete</b> 3 eggs, sautéed spinach, onions, Crosswind goat feta, sourdough toast (V)	14
<b>French Toast</b> sourdough spelt bread, vanilla egg batter, Crosswind Farm Goat Cheese, maple blueberry compote, powdered sugar	15

### **LUNCH**

<b>Quiche</b> seasonal vegetables and local cheese, served with your choice of soup or green salad	14
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**Butter Chicken** tandoori marinated chicken breast, butter chicken tomato 17  
curry sauce, roasted red peppers, side tomato jeera rice, rita, naan

**SALADS- greens sourced from the farm (seasonal)**

**Pan Seared Wild Atlantic Salmon Salad** mixed greens, white balsamic, 18  
tomato, cucumber, red onions, bell peppers

**The Cobb** shredded romaine, housemade buttermilk ranch, cheddar, 17  
ham, chicken breast, cucumber, tomatoes, red onions, egg (GF)

**Beet and Spinach** pickled beets, spinach, local apple, Crosswind goat 15  
cheese, candied walnuts, white balsamic vinaigrette (V, GF)

**SOUP** made daily (VG, GF) small, large 7, 9  
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** 6

**Roasted Chicken Club Sandwich** chicken breast, bacon, cheddar cheese, 16  
greens, tomatoes, pesto mayo

**Grilled Cheese** cheddar cheese, monterey jack cheese, tomato onion jam, 14  
garlic butter (V, VG)

**Reuben** 5oz shaved corned beef, swiss cheese, caramelized onions, 16  
pickles, smoky sauce

**Rice and Bean Burrito** jack, cheddar, Crosswind Farm goat feta, 15  
house-made refried black beans, tomato rice, spinach, flour tortilla,  
side of cilantro lime crema (V, VG)

**6 oz Opoma Farm Beef Burger** bacon, cheddar, dill pickle, greens, 19  
smoky sauce, red onion on a brioche bun

**Hummus Wrap** roasted garlic hummus, goat cheese, fresh seasonal 15  
vegetables, white balsamic dressing (V, VG)