



ALL DAY MENU

BREAKFAST

Porridge oats, raisins, hemp hearts, 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	4
cream cheese and seasonal vegetables	7
smoked salmon, cream cheese, capers, red onion, greens	9.5
Breakfast Muffin fried egg, tomato, pesto mayo, cheddar, greens, add bacon	6 1.5
Western Sandwich cheddar cheese, ham, peppers, onions, sourdough	12
Breakfast Burrito scrambled eggs, sautéed peppers and onions, sausage, monterey jack cheese, spinach, flour tortilla	12
Spinach Omlete 3 eggs, sautéed spinach, onions, Crosswind goat feta, sourdough toast (V)	12
French Toast sourdough spelt bread, vanilla egg batter, Crosswind Farm Goat Cheese, maple blueberry compote, powdered sugar	13

LUNCH

Quiche seasonal vegetables and local cheese, served with your choice of soup or green salad	12
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Butter Chicken tandoori marinated chicken breast, butter chicken tomato 15
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, 16
tomato, cucumber, red onions, bell peppers

The Cobb shredded romaine, housemade buttermilk ranch, cheddar, 15
ham, chicken breast, cucumber, tomatoes, red onions, egg (GF)

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

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, 14
greens, tomatoes, pesto mayo

Grilled Cheese cheddar cheese, monterey jack cheese, tomato onion jam, 12
garlic butter (V, VG)

Reuben 5oz shaved corned beef, swiss cheese, caramelized onions, 14
pickles, smoky sauce

Rice and Bean Burrito jack, cheddar, Crosswind Farm goat feta, 13
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, 16
smoky sauce, red onion on a brioche bun

Hummus Wrap roasted garlic hummus, goat cheese, fresh seasonal 12
vegetables, white balsamic dressing (V, VG)