



## ALL DAY MENU

### **BREAKFAST**

<b>Porridge:</b> oats, raisins, toasted hemp hearts, served with side of locally sourced maple syrup (VG, GF)	7
<b>Montreal Bagels:</b> 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
<b>Breakfast Muffin:</b> fried egg, tomato, pesto mayo, cheddar, greens, add bacon	6 1.5
<b>Western Sandwich:</b> cheddar cheese, ham, peppers, onions, sourdough spelt	11
<b>Breakfast Burrito:</b> scrambled eggs, sautéed peppers and onions, sausage, monterey jack cheese, spinach, flour tortilla	11
<b>French Toast</b> sourdough spelt bread, vanilla egg batter, Crosswind Farm Goat Cheese, maple blueberry compote, powdered sugar	13

### **LUNCH**

<b>Quiche</b> seasonal vegetables and local cheese, served with your choice of soup or green salad	12
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**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