

Brunch



9 French Toast

Cinnamon bun French toast, with preserved apple butter, organic maple syrup and whipped cream

5 Steel Cut Oats

Whole grain oat groats served with milk (or almond milk), brown sugar and raisins

8 Free Style Breakfast

2 eggs (as you like them), home fries, and buttered toast (multi grain or rye)

10 Huevos Rancheros

Locally made corn tortillas served with smoky pinto beans, salsa, red sauce, Bothwell cheddar, home fries and scrambled eggs

8 Greens, Beans and Rice

Winter greens sautéed in garlic, lime and cilantro served with brown basmati rice, refried pinto beans and salsa

Add 1 egg 1 / Add bacon, back bacon, or farmers sausage 2 / Add beans and rice 2 / Add fresh fruit 4 / Add house-made jam 1

9 Crispy Fish Nuggets

Lightly breaded Manitoba whitefish, served with tartar sauce, pickled coleslaw, and fresh lemon

6 Soup of the day

Made fresh daily and served with whole grain bread

10 Soup, Salad and Bread

Daily soup served with your choice of side salad (Quinoa, Mixed Greens or Winter Greens)

8 / 11 Quinoa Salad

Quinoa and mixed greens, with cucumbers, preserved tomatoes, roasted peppers, olives, red onions, feta cheese and pickled jalapenos

7 / 10 Mixed Greens

Assorted lettuces, red onion, carrot, cucumber, celery, sunflower seeds and crispy chickpeas
Choice of: dressings: herb vinaigrette, balsamic vinaigrette, or fresh lemon and olive oil

8 / 11 Winter Greens

Hearty greens, roasted beets, avocado, pumpkin seeds, house made herbed ricotta, and a maple-dijon vinaigrette.

13 Chicken Club

Charcoal grilled local chicken and crispy bacon with Bothwell cheddar, lettuce, mayo and tomato ginger chutney
Served with a choice of soup or salad

12 Mushroom-Almond Burger

Vegan horseradish mayo, tomato-ginger chutney, crisp lettuce, red onion
Served with soup or salad

14 Curried Lamb Burger

Local lamb patty, baba ganoush, red onions, greens, fresh ricotta and ginger-cilantro yogurt
Served with soup or salad

13 Locally Raised Bison Burger

Fresh horseradish, mayo, house-made beer and honey mustard, Bothwell cheddar, crisp lettuce
Served with soup or salad

Add Chicken 5 / Add Prawns 6 / Add Steak 8