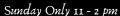




# UNCH







# PLATES

#### French Toast Waffles (V.)

Waffles | Fresh Fruit | Banana | Whipped Cinnamon Honey Butter | Fruit Coulis | Dark Chocolate | Maple Syrup | \$19

#### Loaded Fry Up

Bacon | Two Fried Eggs | Garlic Sausage Patties | Fried Mushrooms | Potatoes | Fried Tomatoes | Baked Beans | Two Slices of Toast |

# Poached Egg Potato Bowl (V, GF)

Two Poached Eggs | Pan Fried Potatoes | Fresh Local Arugula | Lime Paprika Aioli | Sriracha Drizzle | \$16 \*Add charred meat bits for \$3.25\*

### Vegan Tofu Bowl (VG, GF)

Silverking Scrambled Tofu | Pan Fried Potato | Pickled Red Onions | Cherry Tomatoes | Pumpkin Seeds | Pine Nuts | \$18

# SAND WICHES

#### Big Breakfast Sandwich

Two Fried Eggs | Tomato | Brie | Local Arugula | Lime Paprika Aioli | Onion & Thyme Ja(mV) | Multigrain Bread | \$17

#### Brie & Apple Baguette

Triple Cream Brie | Apple | Canadian Maple Mustard | Baguette | \$15

#### Coppa & Provolone Baguette

Coppa | Provolone | Arugula | Crispy Pickled Red Onion | Spicy Tomato Chutney | Baguette \$18

#### Fish Finger Sandwhich

House made Fish fingers | House made Tartar Sauce | Spinach | Sourdough Bread | \$17

#### Falafel Wrap

House made Falafels | Hummus | cucumber | Pickled Red Onion | Cherry tomatoes | Spinach \$16

> Add Soup or Salad To Your Sandwich

# DESSERTS

#### Chocolate Ganache Cake ((GF)

Buttercream Ganache | \$16

# Vegan Carrot Cake

\$15

#### Classic Dessert Board

Plant Based Dessert | Brownie | Fresh Fruit | Mango Coulis | \$29

#### **Rotating Brownie**

Ask your server | \$14

### Clos du Soleil - Saturn 2018

Whispered Secret Vineyard, Keremeos, BC Sweet Dessert Wine | 100% Sauvignon Blanc 1 oz \$4 | 2 oz \$7.5 | 3 oz \$10

#### Deluxe Dessert Board

Try all desserts | \$45

# OTHER

#### House Made Chips & Dip

Paprika & Garlic Corn Tortilla Chips | Vegan Cashew, Lime & Cilantro Dip \$12.5

#### Deep Fried Halloumi

Served with a Jalapeño, Garlic & Sundried Tomato Honey \$15

#### Roasted Red Pepper Soup

Red Peppers | Tomatoes | Carrots | Coconut Milk | Paprika | Turmeric | Garlic | Big Bowl \$12 | Small \$6.50

#### Seasonal Hummus

Roasted Beets | Turmeric | Garlic | Baguette | Topped With Fried Capers | \$15 Add on: Goat Cheese for \$3.5

# Baroness of the Bayou

Creole style chicken and shrimp patty, sundried tomato pesto,

spinach, fresh tomato, goat cheese, crispy deep fried jalapeños, topped with spiralized beets. Drizzled in a beetroot honey aioli. Served on a Kootenay Bakery potato bun \$17

Add a side soup or salad for \$6

Gluten Free (GF) Vegetarian (V) Vegan (VG)

Head Chef Courtney Craig



