

## Appetizers

**\$7 Soup of the Day (V)**

**\$12 Lightning Fries (V)**

*Fries, chili, cheese sauce, olives, jalapeños, salsa*

**\$13 Poutine (V)**

*Fries, cheese curds, gravy or vegan cheese, marinated tofu, veggie gravy*

**\$9 Pretzels (V)**

*House made, gluten-free pretzels with dijon & cheesy sauce*

**\$13 Hummus & Eggplant Dip (V)**

*Beet hummus & eggplant dip with gluten-free focaccia*

**\$14 Chicken Fingers & Fries**

*Served with your choice of honey mustard, sriracha mayo or BBQ sauce*

**\$19 Mountain of Nachos (V)**

*Tortilla chips, cheese, black beans, corn, olives, onions, jalapeños, salsa and sour cream*

**Available additions:** *guacamole (\$4), chicken (\$5), chorizo (\$5), veg sausage (\$4), PLANT BASE BacUN bits (G) (\$4), smoked tofu (\$4), burger patty (\$5), beyond burger patty (\$7)*

## Salads

**\$12 Kale Caesar (V)**

*Kale, house made dressing, gluten-free croutons*    **Half Order: \$7**

**\$13 Thai Coconut Salad (V)**

*Kale, cucumber, bell peppers, smoked tofu, toasted almonds, Thai coconut dressing, sprouts*

**Substitute vegan lemongrass chicken for tofu: \$3**

**\$16 Southwest Chicken Salad**

*Mixed greens, grilled chicken, black beans, corn, salsa, cheddar and Monterey Jack cheeses, ranch dressing*

**Available additions:** *chicken (\$5), avocado (\$3), veg sausage (\$4), PLANT BASE BacUN bits (G) (\$4), smoked tofu (\$4)*

## Burgers

*Served with soup, mixed greens or fries*

**Upgrade side:** *sub Caesar (\$2), sub poutine (\$5), sub lightning fries (\$5)*

**Choose your patty:** *house made beef & pork patty, veggie patty, grilled chicken breast*

**Upgrade to Beyond Burger patty: \$4**

**\$15 Ordinary Burger (V)**

*Lettuce, tomato, onion, thousand island*

**\$16 Cali Burger (V)**

*Bacon, goat cheese, lettuce, tomato, onion, guacamole*

**\$16 Wallflower Burger (V)**

*Sprouts, tomato, onion, eggplant spread, cucumber, Havarti*

**\$16 Canuck Burger (V)**

*Bacon, cheddar, lettuce, tomato, thousand island, sautéed mushrooms & onions*

**Available additions:** *guacamole (\$4), avocado (\$3), coconut bacon (\$3), bacon (\$4), PLANT BASE BacUN (G) (\$4), Havarti (\$3), cheddar (\$3), Swiss (\$3), goat cheese (\$3)*

## Sides

**\$7 Grilled Cheese (V)  
(V)**

**\$7 Fries & Dip (V)**

**\$10 Lil' Mac n Cheesy**

**\$9 Lil' Meatloaf (G)**

**\$8 Lil' Chili (V)**

**\$6 Lil' Greens (V)**

# Sandwiches & Wraps

*Served with soup, mixed greens or fries*

**Upgrade side:** *sub Caesar (\$2), sub poutine (\$5), sub lightning fries (\$5)*

**\$15 Hummus Melt (V)**

*Beet hummus, spinach, onion, mushroom and havarti on baked focaccia*

**\$15 Grilled Veggie Panini (V)**

*Eggplant, bell peppers, red onion, spinach, tomato, havarti and balsamic vinegar on grilled focaccia*

**\$16 Classic Reuben**

*Pastrami, sauerkraut, Dijon and Swiss on marble rye*

**\$17 Chicken Club**

*Grilled chicken, bacon, lettuce, mayo and tomato on multigrain*

**\$16 Vegan Ribwich (V)**

*Marinated BBQ bean curd, sautéed onions and mushrooms on a toasted hoagie*

**\$16 Meatball Sandwich (V)**

*House made vegan meatballs, marinara and Havarti on a toasted hoagie*

**\$15 Moroccan Wrap (G) (V)**

*Chickpeas, hummus, lemon juice, onions, greens*

**\$15 Thai Chicken Wrap (G) (V)**

*Kale, cucumbers, bell peppers, vegan lemongrass chicken, toasted almonds, sprouts and Thai coconut dressing*

**\$16 Chicken Wrap (G)**

*Chicken breast, marinated red peppers, red onion, mayo, greens*

## Entrees

*Available after 3 PM*

**\$15 Mac n Cheesy (V)**

*Macaroni and cheesy sauce served with mixed greens*

**Add:** *veg dog (\$4), bacon (\$4), PLANT BASE BacUN bits (G) (\$4), chorizo (\$5)*

**\$15 Perogies (G)**

*Potato & cheddar perogies, onions, bacon, sauerkraut, sour cream, served with kale Caesar salad*

**\$16 Vegan Carbonara (V)**

*Smoked tofu, roasted garlic cashew cream, peas, mushrooms, coconut bacon, fusilli and garlic focaccia*

**\$16 Eggplant Parmesan (V)**

*Roasted eggplant, marinara, Havarti and parmesan cheeses, fried polenta, served with kale Caesar salad*

**\$17 Shepherd's Pie (V)**

*Veggie or meat patty, carrots, corn, mushrooms, peas, mashed potatoes, gravy and mixed greens*

**\$14 Big Bowl O' Chili (V)**

*Classic veggie chili with cheese and garlic focaccia*

**\$18 Grandma's Fried Chicken**

*Pan-fried chicken leg, sautéed onions, seasonal vegetables, mashed potatoes & gravy*

**\$18 Meatloaf Wellington (G)**

*Meatloaf, bacon, sautéed onions and mushrooms wrapped in puff pastry, served with seasonal vegetables, mashed potatoes & gravy*

**(V)** = *Vegan option available, please inform your server*

**(G)** = *Gluten-free option not available*

*Modifications may be subject to additional charge.*

*Help us ensure your meal is accurately prepared by telling us if you follow a vegan, dairy-free, meat-free or gluten-free diet. Please also advise us of any allergies you have. We will do our best to accommodate.*

*We cannot guarantee zero cross-contamination.*

# Brunch *served until 3pm*

## **\$12 Basic Breakfast**

*two eggs, choice of bacon, chorizo, veggie BacUN(G) or veggie sausage, hash browns, greens & toast*

## **\$14 Omelette**

*three eggs, cheddar, three toppings of your choice, hash browns, greens & toast*

## **\$13 Breakfast Sandwich**

*scrambled egg, lettuce, tomato, mayo, bacon, cheddar on rye, hash browns & greens*

## **\$12 Avocado Toast**

*toasted multigrain with avocado, goat cheese and balsamic drizzle, with hash browns and greens*

## **\$14 French Toast**

*french baguette, egg dipped & pan fried, served with peanut butter syrup or mixed berries & whip*

## **\$16 Breakfast Poutine**

*two poached eggs, cheese curds, bacon, hash browns, gravy*

## **\$16 Huevos Rancheros**

*com tortilla with poached eggs, hash browns, cheddar, chili, salsa & guacamole*

## **\$16 Crystal Benny**

*two poached eggs, bacon, cheddar, avocado, hollandaise, hash browns & greens*

## **\$15 Red Pepper Benny**

*two poached eggs, roasted red peppers, goat cheese, hollandaise, hash browns & greens*

## **\$15 Grilled Tomato & Spinach Benny**

*two poached eggs, grilled tomato, spinach, hollandaise, hash browns & greens*

## **\$14 Veggie Hash**

*two poached eggs, peppers, onions, mushrooms, hash browns & toast*

## **\$15 Campfire Breakfast (V) (G)**

*grilled veggie dog, tofu ricotta, grilled tomato, chili, hash browns, greens & toast*

## **\$15 Thai Curry Hash (V)**

*bean curd, peppers, onion, kale, green curry, hash browns & toast*

## **\$15 Vegan Breakfast Poutine (V) (G)**

*veggie dog, tofu ricotta, vegan cheese, hash browns & gravy*

## **\$13 Vegan Breakfast Sandwich (V)**

*fried polenta, lettuce, tomato, mayo, veggie sausage, vegan cheese on rye, hash browns & greens*

**Add PLANTBASE BacUN (G): \$4**

## **\$15 Tofu Rancheros (V)**

*com tortilla with tofu ricotta, hash browns, vegan cheese, chili, salsa & guacamole*

## **\$15 Vegan Benny (V)**

*veggie sausage, tofu ricotta, cheesy sauce, hash browns & greens*

## **\$15 Eggless Omelette (V)**

*pan fried polenta, vegan cheese, three toppings of your choice, hash browns, greens & toast*

### ***Omelette Toppings:***

*bacon, coconut bacon, PLANTBASE BacUN bits, chicken, chorizo, veggie sausage, onions, mushrooms, olives, peppers, spinach, tomato, kale*

***Premium Toppings*** + \$1 avocado, roasted red pepper, goat cheese

SIDES	
grilled tomatoes	\$2
side toast	\$3
hash browns	\$3
grilled tofu	\$3
veggie sausage	\$4
bacon	\$4
PLANTBASE BacUN (G)	\$4
chorizo	\$5
hollandaise	\$2
add egg	\$3
½ avocado	\$3
fried polenta	\$4

**(G)** *These items are unavailable gluten free.*

**(V)** *These items are available vegan.*

*During busy times multiple modifications may require additional time in preparing your meal and may be subject to an additional charge; thanks in advance for your patience.*