

# Sandwich & Bowls



## ★ *Breakfast Club*

Avocado, tomato, egg, bacon and campfire mayo

14½

## ★ *Vegan Cheeseburger*

plant based "burger" topped with beet bacon pickled onions, tomato, vegan cheese, vegan siracha mayo, served on gluten free vegan bun or lettuce wrap.

15½

## ★ *Mushroom Toasts*

Mushrooms sauteed with thyme & lemon, atop our house hummus trio, served on a crosiniti

11¾

## ★ *Bowl Of'zen*

Seared salmon tossed in sesame oil on brown rice. avocado, cucumber, thai chillies, carrots, radish & green onion. Splashed with goma dressing

18¾

## ★ *Avocado & Beet Salad*

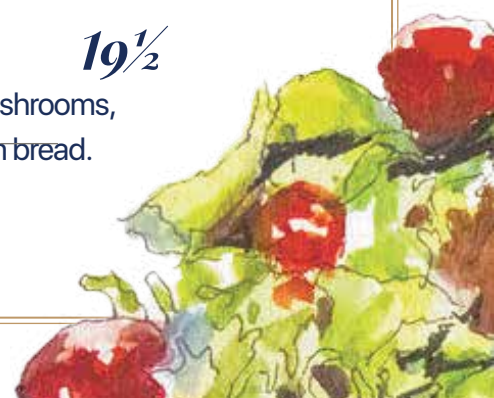
Roasted beets tossed on a bed of lemon arugula with avocado, pomegranate seeds, slivered almonds & parmesan cheese. Splashed with honey lime vinaigrette

17½

## ★ *Steak Sandwich*

grilled canadian AAA striploin, topped with fried oyster mushrooms, horseradish aioli, campfire mayo & crisp apple slaw on naan bread.

19½



# Brunch



## ★ *The Classic*

Two eggs your way, seved with Homefries, Bacon and Toast

14

## ★ *Protein Pancakes*

Hearty buckwheat Pancakes served with Oats, Almond slivers & wild blueberries. Topped with fruit and a side of Maple syrup.

18

## ★ *Vagan Scramble*

Tofu seasoned with tumeric and scrambled with spinach, peppers & tomato (actually amazing) Served with choice of side

15



## ★ *Chef's Omlette*

Ask your server about our Omlette of the day, served with side of homefries and toast. .

16

## ★ *Pbj French Toast*

The hangover cure, Penut butter, Jam and topped with bananas and stacked high.

18

## ★ *Avacado Smash*

on sour dough with fresh avacado, heirloom tomatoes, crispy chick peas and micro basil.

15

## ★ *Eggs Benedict*

Serves with homefries and season fruit .

14½

Bottomless mimoss  
\$29.95

