



SIMPLE

Lunch

Fried Quinoa with Greens \$11

Fluffy pile of quinoa is lightly fried in simple butter, and tossed with fresh green onion and seasonal greens.

Open Faced Pulled Pork Sandwich \$12

Served on freshly made sourdough, toasted with a sweet homemade BBQ sauce, and a large helping of pickled cabbage.

Turkey & Cranberry Wrap \$13

Warm butter baked turkey wrapped in a flour tortilla with cranberries, lettuce, mayo & homemade stuffing.

Lemon & Black Pepper Salmon \$16

8 oz. Fillet of locally caught salmon smothered in a lemon and cracked black pepper glaze, served over rice.

Grilled Honey Glazed Chicken \$11

Two local hormone free chicken breasts are marinated over night in a light sweet honey sauce, served with rice.

Mini Sweet Sesame Beef Burgers \$15

Hand shaped miniture beef patties served on whole wheat buns with mayo, sesame sauce, lettuce and tomatoes.



Dinner

Light Dill Fish & Chips \$ 20

Lightly beer battered Halibut with fresh dill in the dough, and served with lightly salted hand cut french fries.

Creamy Chicken & Pea Pot Pie \$ 15

Great Grandma's recipe of creamy herb chicken and peas with a hint of carrots baked in a flaky butter crust.

Butter Garlic Angel Hair Pasta \$ 16

Generous serving of angel hair pasta sauteed in a slow cooked browned butter garlic sauce with your choice of chicken, turkey or ground pork.

Veggy Meatloaf & Potatoes \$ 16

Seasonal veggies mixed with fresh herbs and hand packed with love. Served with garlic mashed potatoes.

Chicken and Spinach Lasagna \$ 18

Hand crafted pasta is layered with multiple layers of grilled chicken, creamy pesto sauce and spinach.

Five Bean Teriyaki Burger \$ 19

Blended together with fresh herbs and homemade teriyaki sauce. Served on rice patties wrapped in dry seaweed with mayo and lettuce.



Desserts

Mini Pies with Whip Cream \$ 6

Three miniture pies of the seasonal berries and fruits fresh baked every day served with a large helping of homemade whipped cream.

Hand Churned Icecream \$ 4

Freshly hand churned icecream made with milk from local dairy farmers. Flavors include: Chocolate, Vanilla, Green Tea, Mint, and Strawberry.

Drinks

Herbal Tea - Hot or Cold \$ 2

Rose Hip, Ginger, Green, Peppermint, Chamomile, Lavender, Lemon Balm, Hibiscus Flower, Milk Thistle, Dandelion, Cinnamon, and Nettle.

Hot Chocolate \$ 3

Choose from toppings such as Sea Salt, Whipped Cream, Salted Caramel, or Peppermint Sticks. Flavour shots include hazelnut, ginger, and cayenne.

Fresh Juice \$ 2

Orange, Apple, Cranberry, Strawberry, or ask your server about the available seasonal fruit.

Hot Apple Cider \$ 3

Served simple with two cinnamon sticks and cloves. If wanting something more exotic, add some allspice and cranberry juice.

