

SALADS

Seaside Salad \$14

6 oz seared pacific cod, mixed greens, radish, new potatoes, chives, green beans & light sour cream dressing

Chef Salad \$12

Mixed greens, hardboiled egg, grape tomatoes, cheddar cheese, sliced cucumber and champagne herb vinaigrette

Burnaby Lake Salad \$12

Mixed greens, red beets, goat cheese, sliced strawberries, toasted pumpkin seeds, red onion and poppy seed dressing

Quinoa & Chickpea Salad \$12

Mixed greens, toasted quinoa, spiced and roasted chickpeas, fresh herbs, red pepper and yogurt dressing

BOWLS

Sub rice for greens \$2

Polynesian Rice Bowl \$9.50

Brown rice topped with broccoli, pineapple salsa, shredded carrots, edamame, cucumber and sweet soy & lime dressing

Red Lentil Curry Bowl \$8

Brown rice topped with red lentil dahl and yogurt raita

Chipotle BBQ Bowl \$9.25

Brown rice topped with roasted corn, black beans, guacamole, shredded cheddar, grape tomatoes, cilantro and chipotle bbq sauce

Breakfast Bowl \$10

Hash browns, turkey sausage, sautéed red pepper and onion, a fried egg, cheddar and chipotle bbq sauce

ADD-ONS

Pan-Seared Pacific Cod (6oz) \$5.00

Grilled Wild Salmon (4oz) \$6.25

Grilled Chicken Breast (5oz) \$3.50

Grilled Tofu (3oz) \$2.50

AAA Flat Iron Steak (6oz) \$9

Hardboiled Egg \$1

BURGERS

Your choice of antibiotic-free beef patty or BeyondMeat vegan patty on rustic burger bun, lettuce, tomato, mayo, iceberg lettuce, and red onion. Served with a side salad.

Classic \$11.50

Classic Cheddar

Pacific \$13

Smoked cheddar and grilled pineapple salsa

Farm \$13

Goat cheese and red beets

Southwest \$13

Roasted corn, sour cream, shredded cheddar cheese and tomato salsa

Bacon Cheddar \$13

Classic cheddar with 3 strips of smoked bacon

SOUP & SANDWICHES

Served with a side salad.

Whole Roast Beef \$14.25

Medium rare beef, caramelized onions, mayo and dijon mustard on multigrain baguette

Smoked Turkey Dirty Bird \$12.50

Grilled cranberry sourdough, smoked turkey, lettuce, vine ripened tomato, country gravy and melted edam cheese

Grilled Chicken BLT \$13.50

Grilled chicken breast on grilled sourdough, pesto mayo, iceberg lettuce, bacon and vine ripened tomato

Daily Soup & Salad \$9

Soup made fresh in house daily (just ask us!)
Soup only: \$7