

Seasonal Favourites

ROTATING SIDES

Broccoli & Maple Bacon Salad

Dijon vinaigrette, dried cranberries, sweet onion **6**

Traditional Caesar Salad

Roasted garlic croutons, aged parmesan *Side 5 Main 12*

BREAKFAST MAINS: ONLY TILL 4PM

Little Feast Waffle

Half waffle dusted with icing sugar; served with fruit salad, fresh baked cookie, maple syrup and organic juice box (for kids under 10 only) **10**

The Red Wagon

Belgian waffle topped with pulled pork and blueberry compote **17**

Smoked Salmon Quiche

Gluten-free crust, fresh cracked eggs, smoked salmon, asparagus and sweet onion, topped with dill crème fraiche and pickled onion. Served with Big Feast house salad. **16**

Smoked Salmon Benny

Sliced tomatoes, mustard cream cheese, steamed spinach and arugula, two poached eggs on toasted sprouted wheat, hollandaise, pickled onion, crispy capers.
Served with choice of citrus infused fruit salad or roasted breakfast potatoes. **17**

Lobster Benny

Atlantic lobster, fresh avocado, Gelderman bacon with two poached eggs on toasted croissant, finished with hollandaise and prawn salsa. Served with choice of citrus infused fruit salad or roasted breakfast potatoes. **21**

Wild Mushroom Omelette

Wild mushrooms, caramelized onions, arugula and smoked cheddar topped with our bruschetta.
Served with roasted potatoes, citrus infused fruit salad, and choice of toast. **16**

More Meat Please

Honey ham, chorizo and bacon scrambled with fresh tomatoes and two eggs, topped with scallion-feta hollandaise.
Served with toast, choice of citrus infused fruit salad or roasted breakfast potatoes. **17**

SOMETHING SWEET

Lemon Tart **GF**

House-made lemon curd, berry compote, vanilla cream **6**

BEVERAGES

Whistler Brewing Grapefruit Ale

Refreshingly aromatic, lightly hopped, with a clean citrus finish *330ml 6*

Red Rooster Sly White Penticton, BC

6oz 9 9oz 14 Bottle 40

BIG FEAST BREAKFAST

Big Feast Oatmeal **GF**

Made in-house with organic oats, golden raisins, local dried cranberries, toasted almonds, cane sugar **9**

Simply French

Two slices of cranberry semolina bread, egg dipped and fried golden, served with maple syrup **10**

Maple Bacon French Toast

Cranberry semolina bread egg dipped and fried golden, stuffed with maple cream cheese; topped with sautéed bacon-apple chutney **15.5**

Lennon's French Toast

Organic sourdough dipped in egg and crusted with corn flakes; topped with sautéed bananas, apples, house-made caramel, and vanilla whip **15.5**

My Favourite Breakfast Sandwich

Two pieces of crispy grilled roti, stuffed with fresh tomatoes, gelderman bacon, cheesy eggs, and roasted garlic-feta aioli; served with choice of citrus infused fruit salad or roasted breakfast potatoes **15**

What Did You Do With My Tofu? **GF V**

Organic tofu, caramelized onions, zucchini pasta, raw tomato sauce, sunflower shoot cashew pesto, daiya cheese; served with toast and breakfast potatoes or fresh fruit salad **15.5**

Big Feast Granola **GF**

Made in-house with local organic oats, toasted almonds and lavender infused honey, served over fresh fruit with vanilla yogurt **10**

MMMM... EGGS!

All breakfast eggs are local free run and are served with your choice of roasted breakfast potatoes or citrus infused fruit salad.

Crab Benny

Fresh avocado, chipotle crema, crispy capers and fresh hollandaise on organic corn flake crusted sourdough **18**

Spinach Benny

Grilled herb focaccia, creamed spinach and artichokes rich with aged parmesan, fresh hollandaise **14.5**

Eggs Benny

Thick sliced in-house roasted honey mustard ham, fresh hollandaise **14.5**

Bacon Benny

Four strips of Gelderman's thick cut bacon, fresh hollandaise on herb focaccia **14.5**

Steak & Eggs **GF**

Fire-grilled six-ounce AAA sirloin, served with two eggs any style and toast **25**

Veggie Benny **GF**

Our own veggie patty topped with brie cheese, two poached eggs, house-made scallion hollandaise **16.5**

What's The Story, Morning Glory **GF**

Braised spinach, arugula, caramelized onions, topped with two free run poached eggs, butternut squash cream and roasted cashews **15.5**

Green Eggs & Ham **GF**

Two scrambled eggs, house-made basil pesto, honey mustard ham, goat cheese, served with toast **16**

Smoked Bacon & Eggs **GF**

Two free run eggs, four strips of Gelderman's thick cut bacon; served with toast **14.5**

Pulled Pork Hash **GF**

Slow-roasted pulled pork, roasted sweet potatoes, caramelized onions, poached eggs, topped with fresh hollandaise and bourbon BBQ sauce; served with fruit salad and toast **17**

Lamb Sausage Hash **GF**

Merguez-style lamb sausage, quinoa, caramelized onions and sweet potatoes, topped with two poached eggs, house-made goat cheese hollandaise and popped chickpeas; served with fruit salad and toast **17.5**

BREADS

100 Mile Contains hazelnuts **Organic Sourdough** **Herb Focaccia** **Sprouted Wheat**
White Cheddar & Garlic Sourdough **Zena's Gluten-Free** **Cranberry Semolina**

HANDHELDS

Our beef burgers are hand-pressed with Hopcott Farms' premium ground beef. All burgers are served on a toasted brioche bun unless otherwise noted, and with your choice of side. Substitute a Zena's gluten-free bun for an extra \$1.

100 Mile Chicken Sandwich

Fraser Valley free run chicken, Cheesecrafters havarti, Gelderman bacon, house-made mayo, and butter lettuce on our 100 Mile bread (contains hazelnuts) **17.5**

Fraser Valley Chicken Sandwich

Basil pesto, havarti cheese, fresh tomato, butter lettuce, house-made mayo **16.5**

The Big Mess

Chicken breast fire-grilled with our Latin spice rub, topped with avocado, butter lettuce, tomato, chipotle creme, smoked cheddar, bourbon BBQ **17**

The 5am

Bison patty, fried egg, smoked cheddar, honey mustard ham and chipotle crema **20**

Wild Fennel Bison Burger

Topped with crab, havarti, goat cheese aioli, banana pepper jam and gelderman bacon **22**

Pulled Pork Sandwich

Slow roasted gelderman's pork butt, piled high with our house-made cherry chutney and napa slaw **15.5**

Ruskin Ranch Beef Burger

Bourbon BBQ sauce, house-made mayo, smoked cheddar, butter lettuce, salt & vinegar chips **16.5**

Bacon & Cheese Please

Our beef patty, cheddar, mozzarella, lettuce, tomato, mustard, and caramelized onion **16.5**

Lobster Grilled Cheese

Atlantic lobster, pancetta, mustard crème fraiche, and double cream brie on organic sourdough **19.5**

Grown-Up Grilled Cheese

Double cream brie, aged parmesan, mozzarella, sharp cheddar, organic sourdough **14.5**

Apple Bacon Grilled Cheese

Smoked cheddar, fresh tomato, mayo, cranberry semolina **15.5**

Tuna Steak Burger

Albacore tuna seared very rare, chipotle crema, crispy capers, butter lettuce on toasted garlic cheddar sourdough **18**

The Fiery Vegan **V**

Organic sourdough grilled crisp with virgin olive oil, daiya cheddar, nutritional yeast, fresh tomatoes, arugula and house-made spicy vegan mayo **16**

Veggie Burger

House-made veggie patty with brown basmati, quinoa, red lentils and chickpeas; choice of vegan mayo or roasted garlic-feta aioli **15.5**

THE SIDES

Choose something delicious to go with that great handheld you just decided on.

Roasted Breakfast Potatoes **GF**

Sub Yam Hash (+\$1) **V GF**

Cup of Soup

Ask your server for daily selections

Cauliflower Fried 'Rice' **GF**

Eggs, scallions, carrots, snap peas

QKC Salad **V GF**

Quinoa, kale and cashews, cilantro peanut dressing

Asian Slaw **V GF**

Big Feast Salad **V GF**

Napa Salad **GF**

Citrus Infused Fresh Fruit Salad **V GF**

Tofu Noodle Salad

Hardbite Chips **V GF**

Rock Salt & Vinegar

ENTRÉES

Substitute gluten-free pasta for any pasta entrée for an extra \$1.

Veggie Korma **V**

Butternut squash coconut curry, golden raisins, roasted cashews, mango, peppers and snap peas; served with brown basmati rice and roti **15**

Urban Hippie Feast **GF**

Our amazing house-made veggie patty is served over cauliflower fried 'rice' with egg, raw beet salad, roasted yam gravy; finished with radish seedlings **14**

Chicken Stir Fry

Grain-fed free-run chicken, egg noodles, bok choy, red peppers, snap peas, fresh orange garnish **18**

Big Feast Curry Bowl

Fire-grilled Indian spice-rubbed chicken breast with rich curry, sweet potatoes, zucchini, golden raisins and popped chickpeas; served with roti **17.5**

For All My Vegan Friends **V**

Quinoa pilaf, sweet potato and yam hash, avocado, lemon braised kale, zucchini spirals tossed in vegan pesto, radish seedlings; served with roti **16**

Raw Spaghetti & Greens **V GF**

Fresh zucchini pasta topped with raw tomato sauce, served with organic Big Feast greens and drizzled with white balsamic vinaigrette **14.5**

SOUP, SALAD & TAPAS

Seasonal Soup

Ask your server for today's selections *Cup 5 Bowl 9*

Roasted Yam, Curry & Mango Chutney Soup **V GF**

Finished with a touch of coconut *Cup 5 Bowl 9*

Soup, Side & Fresh Bread

Choose from 100 Mile (contains hazelnuts), Organic Sourdough, Herb Focaccia, Sprouted Wheat, White Cheddar & Garlic Sourdough, Zena's Gluten-Free, or Cranberry Semolina **11.5**

Hot Spinach & Artichoke Dip

Served with roti **13.5**

Veggie Samosas **GF**

Served with mango chutney **9.5**

Pesto Prawns

One dozen sweet prawns pan seared and swimming in our pesto sauce, served with grilled bread for dipping **13.5**

Albacore Tuna Tostadas

Albacore tuna seared rare, sriracha lime vinaigrette, fresh avocado, local organic pea shoots, crispy wontons **14**

Dahl **V**

Slow braised red lentils, pickled jalapeños, toasted cumin and touch of lime; served with roti **11.5**

Big Feast Salad **V GF**

Baby greens, pea shoots, local dried cranberries, organic pumpkin seeds, carrots, peppers, cucumbers, and white balsamic vinaigrette **13**

Tofu Noodle Salad

Fresh bell peppers, organic tofu, egg noodles, house-pickled daikon, roasted cashews, sesame chili vinaigrette **14.5**

Eat It or 'Beet' It **GF**

Fresh spinach, arugula, avocados, shredded beets and carrots, basmati, toasted almonds and creamy avocado-sesame dressing; served with choice of grilled chicken or grilled garlic tofu **16.5**

Napa Salad **GF**

Organic arugula, spinach, goat cheese, spiced pecans, fresh grapes, white balsamic vinaigrette **15.5**

Go ahead, add some protein to your salad—we're not judgy.

Grilled Chicken, free run **6**

Six Garlic Prawns  **4**

Twelve Garlic Prawns  **8**

Tuna, seared very rare  **8**

Two Lamb Sausages **5**

Bison Patty **7**

Beef Patty **4**

Ham Steak **3**

Tofu Steak **4**

Three Slices of Bacon **3**

Avocado **1.5**

Free Run Egg **1.5**

LITTLE FEAST

All items except Itty Bitty Feast are served with an organic juice box, fresh fruit salad, and a fresh baked cookie. For kids under 10 years old only.

Cheesy Eggs & Toast Fingers

Scrambled eggs, cheese, sprouted wheat toast **9**

French Toast

Organic sourdough, egg dipped and griddled golden; served with maple syrup **9**

The Chocolate Elvis

Organic chocolate sauce, house-made peanut butter, banana on grilled sourdough **9.5**

Kids Burger

Our beef patty with cheese, mayo, ketchup; served with fruit salad **12**

Lotsa Cheese Grilled Cheese

Loads of mozzarella and cheddar cheeses melted on organic sourdough **9.5**

Hawaiian Tropics

Roti sandwich stuffed with honey ham, pineapple, cheese, and tomato sauce **9.5**

Mac & Cheese

A traditional favourite **9**

Itty Bitty Feast

Perfect size for kids under 2! Apple purée, banana rings, grated carrot, whole wheat cheerios **6**

EXTRAS

You give us extra money, we give you extras... but only if you ordered an entrée!

Grilled Chicken, free run **6**

Six Garlic Prawns 🌊 **4**

Twelve Garlic Prawns 🌊 **8**

Tuna, seared very rare 🌊 **8**

Two Lamb Sausages **5**

Bison Patty **7**

Beef Patty **4**

Veggie Patty **3**

Ham Steak **3**

Tofu Steak **4**

Three Slices of Bacon **3**

Fresh Sliced Tomatoes **2**

Avocado **1.5**

Half Fruit & Half Potatoes **1**

Maple Syrup **1**

Fresh Hollandaise **1.5**

Free Run Egg **1.5**

Roti, one piece **1**

THIRST QUENCHERS

'Big People' thirst quenchers are available from the separate drink menu. For espresso and coffee selections, please ask your server for a full listing.

Organic Teas **3.25**

Caffeinated Tea: Earl Grey, English Breakfast, Gunpowder Green, Rooibos Chai, Roasted Coconut

Herbal Tea: Chamomile Lavender, Red Velvet, Mint

Lemonade **3.75**

Homemade or Mango

Home-Made Iced Tea **3.75**

Blue Monkey

Coconut Water **3.25**

Zevia Natural Sodas **3**

Zero calories! Made with stevia all natural sweetener; choose from Cola, Ginger Ale, or Black Cherry

Phillips Sodas **4**

Choose from Sparkmouth Ginger Ale, Captain Electro's Root Beer, Dare Devil Orange Cream, Speed King Craft Cola

Premium Juices **12oz 4 16oz 6**

Orange, Cranberry, Mango

Organic Unfiltered

Apple Juice **12oz 4 16oz 6**

Kid's Organic Juice Box **1.5**

Milk **2.5**

Chocolate Milk **3.5**

Almond or Soy Milk **3.5**