
BIG FEAST BREAKFAST

Big Feast Oatmeal **GF**

Made in-house with organic oats, golden raisins, local dried cranberries, toasted almonds, cane sugar **8.5**

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**

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**

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 **14.5**

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

Organic tofu, caramelized onions, zucchini pasta, raw tomato sauce, sunflower shoot cashew pesto, toasted pine nuts and daiya cheese; served with toast and breakfast potatoes or fresh fruit salad **15**

Big Feast Granola **GF**

Made in-house with local organic oats, toasted almonds and lavender infused honey, served over fresh fruit with vanilla yogurt **9.5**

MMMM... EGGS!

All breakfast eggs are local free run and are served with your choice of roasted breakfast potatoes or citrus infused fruit salad. Available until 4:00pm only!

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 slices of herb focaccia, four strips of Gelderman's thick cut bacon, fresh hollandaise **14.5**

Steak & Eggs **GF**

Fire-grilled six-ounce AAA sirloin, served with two eggs any style and toast **24**

Veggie Benny **GF**

Our own veggie patty topped with brie cheese, two poached eggs, house-made scallion hollandaise **16**

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 **15.5**

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 **16.5**

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**



Recommended by the Vancouver Aquarium as ocean-friendly.

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 **15.5**

The Big Mess

Chicken breast fire-grilled with our Latin spice rub, topped with avocado, butter lettuce, tomato, chipotle creme, smoked cheddar, bourbon BBQ **16**

The 5am

Bison patty, fried egg, smoked cheddar, honey mustard ham and chipotle crema **18**

Wild Fennel Bison Burger

Topped with crab, havarti, goat cheese aioli, banana pepper jam and gelderman bacon **19.5**

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 **15.5**

Bacon & Cheese Please

Our beef patty, cheddar, mozzarella, lettuce, tomato, mustard, and caramelized onion **15.5**

Lobster Grilled Cheese

Atlantic lobster, pancetta, mustard crème fraiche, and double cream brie on organic sourdough **19**

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 **17**

The Fiery Vegan

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**

THE SIDES

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

Roasted Breakfast Potatoes **GF**

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

Cup of Soup

Ask your server for daily selections

Cauliflower Fried 'Rice' **GF**

Eggs, scallions, carrots, snap peas

QKC Salad **GF**

Quinoa, kale and cashews, cilantro peanut dressing

Asian Slaw **GF**

Big Feast Salad **GF**

Napa Salad **GF**

Citrus Infused Fresh Fruit Salad **GF**

Tofu Noodle Salad

Hardbite Chips

Rock Salt & Vinegar

ENTRÉES

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

Veggie Korma

Butternut squash coconut curry, golden raisins, roasted cashews, mango, peppers and snap peas; served with brown basmati rice and roti **14.5**

Vegetarian Penné

Zucchini spirals, sweet peppers, fresh tomatoes and snap peas in a lemon pepper cream; tossed with whole wheat penné then topped with goat cheese and focaccia bread crumbs **16**

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

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 **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

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**

Pesto Prawns

One dozen sweet prawns pan seared and swimming in our pesto sauce, served with grilled bread for dipping **13**

Albacore Tuna Tostadas

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

Dahl

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

Big Feast Salad **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**

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 **5**

Six Garlic Prawns  **4**

Twelve Garlic Prawns  **8**

Tuna, seared very rare  **8**

Two Lamb Sausages **5**

Bison Patty **6**

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 **8.5**

French Toast

Organic sourdough, egg dipped and griddled golden; served with maple syrup **8.5**

The Chocolate Elvis

Organic chocolate sauce, house-made peanut butter, banana on grilled sourdough **8.5**

Kids Burger

Our beef patty with cheese, mayo, ketchup; served with fruit salad and salt & vinegar chips **11**

Lotsa Cheese Grilled Cheese

Loads of mozzarella and cheddar cheeses melted on organic sourdough **8.5**

Hawaiian Tropics

Roti sandwich stuffed with honey ham, pineapple, cheese, and tomato sauce **8.5**

Mac & Cheese

A traditional favourite **8.5**

Itty Bitty Feast

Perfect size for kids under 2! Apple purée, banana rings, grated carrot, whole wheat cheerios **5**

EXTRAS

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

Grilled Chicken, free run 5

Six Garlic Prawns  4

Twelve Garlic Prawns  8

Tuna, seared very rare  8

Two Lamb Sausages 5

Bison Patty 6

Beef Patty 4

Ham Steak 3

Tofu Steak 4

Three Slices of Bacon 3

Fresh Sliced Tomatoes 2

Half Fruit & Half Potatoes 1

Maple Syrup 1

Fresh Hollandaise 1.5

Free Run Egg 1.5

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.

Herbal Teas 3

Chamomile Lavender, Red Velvet, Mint

Caffeinated Teas 3

Earl Grey, English Breakfast, Gunpowder Green, Rooibos Chai, Roasted Coconut

Organic Tea 2.9

Naked Teas from Langley, BC

Lemonade 3.5

Homemade or Mango

Home-Made Ice T 3.5

**Blue Monkey
Coconut Water 3.25**

Blue Sky Cola 3

Zevia Natural Sodas 3

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

Black River Spritzers 2.5

Grape, Raspberry-Lime, Mango-Orange

Premium Juices 3.5

Orange, Cranberry, Mango

Organic Apple Juice 3.75
Unfiltered

Kid's Organic Juice Box 1.5

Milk 2.5

Chocolate Milk 3.5

Almond or Soy Milk 3.5