

Seasonal Favourites

ROTATING SIDES

Bacon Brussels Sprouts

Loaded with double smoked bacon, aged parmesan cheese, onions and cream—simply delish **7**

Beefsteak Onion Soup

Baked with smoked cheddar and roasted garlic crostini **7**

ENTRÉES

Bacon Brussels + Eggs

Our famous bacon brussels sprouts topped with havarti cheese, poached eggs and sriracha hollandaise; served with fruit salad and toast **16**

The 5am

It's back, baby! Our lean bison burger topped with fried egg, honey ham, smoked cheddar, chipotle crema; served on a toasted brioche bun with choice of fruit or potatoes and extra napkins **20**

Spiced Pear French Toast

Sourdough bread egg dipped and fried golden, topped with spiced pears, spiced pecans and pomegranate; finished with dulce de leche **16**

Happy Lasagne

It actually doesn't need meat! Our vegan recipe with house-made tofu ricotta, soy béchamel sauce, fresh herb marinara, squash, carrots, spinach, and kale; served with toasted focaccia and Big Feast salad **18**

Wild Fennel Bison Burger

Our lean bison burger topped with crab, double smoked bacon; served on a toasted brioche with goat cheese aioli, banana pepper jam; choice of side **23.5**

BEVERAGES

Condor Peak Malbec Argentina

Named after the Condor, an icon of the Andean Mountains where these grapes are grown, this Malbec has an exquisite mouth complexity with sweet tannins and a nice silky finish. **6oz 9 9oz 13.5 Bottle 38**

BIG FEAST BREAKFAST

My Favourite Breakfast Sandwich

Two pieces crispy grilled roti, stuffed with fresh tomatoes, double-smoked bacon, cheesy eggs, and roasted garlic-feta aioli; served with choice of citrus infused fruit salad or roasted breakfast potatoes **15.5**

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

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 **16**

Big Feast Oatmeal **GF**

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

Avo Toast

Toasted sprouted wheat, two poached eggs, avocado, fresh lime-pepper, fruit salad **14**

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**

Maple Bacon French Toast

Cranberry semolina bread egg dipped and fried golden, stuffed with maple cream cheese; topped with sautéed bacon-apple chutney **16.5**

Simply French

Two slices of cranberry semolina bread, egg dipped and fried golden, served with maple syrup **11**

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**

MMMM... EGGS!

All breakfast eggs are local free run and are served with your choice of roasted breakfast potatoes or citrus infused fruit salad.
Want to enjoy both sides? Order Half Fruit & Half Potatoes for an extra \$2!

Crab Benny

Fresh avocado, chipotle crema, crispy capers and fresh hollandaise on organic corn flake crusted sourdough **21**

Spinach Benny

Grilled herb focaccia, creamed spinach and artichokes rich with aged Parmesan, fresh hollandaise **15**

Eggs Benny

Thick sliced in-house roasted honey mustard ham, fresh hollandaise **15**

Bacon Benny

Four strips of double-smoked thick cut bacon, fresh hollandaise on herb focaccia **15.5**

Veggie Benny **GF**

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

Steak & Eggs **GF**

Fire-grilled six-ounce AAA sirloin, served with two eggs any style and toast **27**

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 **16**

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 **15.5**

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 **18**

Lamb Sausage Hash **GF**

Merguez-style lamb sausage, quinoa, caramelized onions and sweet potatoes, topped with two poached eggs, house-made goat cheese hollandaise; served with fruit salad and toast **19**

Now that you've nailed down your eggs, choose a bread for your toast:

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

HANDHELDS

Our signature beef burgers are made with 100% fresh Canadian lean ground beef, Mike's original recipe of caramelized onions, special seasonings and are always gluten-free. Gluten-free bun or lettuce wrap available for an extra \$1.50.

Ruskin Ranch Burger

Our beef patty, bourbon BBQ sauce, house-made mayo, smoked cheddar, butter lettuce, Hardbite Rock Salt & Vinegar potato chips **16.5**

Bacon & Cheese Please

Our beef patty, cheddar, mozzarella, lettuce, tomato, mustard, and caramelized onion **17.5**

Kids Burger

Our beef patty with cheese, mayo, ketchup on toasted brioche; served with Hardbite Rock Salt & Vinegar potato chips **12**

100 Mile Chicken Sandwich

Fraser Valley free run chicken, Cheesecrafters havarti, double-smoked bacon, house-made mayo, and butter lettuce on our 100 Mile bread (contains hazelnuts) **18**

Fraser Valley Chicken Sandwich

Basil pesto, havarti cheese, fresh tomato, butter lettuce, house-made mayo **17**

The Big Mess

Chicken breast fire-grilled with our Latin spice rub, topped with avocado, butter lettuce, tomato, chipotle creme, smoked cheddar, bourbon BBQ **18.5**

Pulled Pork Sandwich

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

Grown-Up Grilled Cheese

Double cream Brie, aged Parmesan, mozzarella, sharp cheddar, organic sourdough **15**

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 **15.5**

THE SIDES

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

Roasted Breakfast Potatoes

Sub Yam Hash (+\$1)  

Cup of Soup

Ask your server for daily selections

Cauliflower Fried 'Rice'

Eggs, scallions, carrots, snap peas

Asian Slaw

Big Feast Salad

Napa Salad 

Citrus Infused Fresh Fruit Salad  

Tofu Noodle Salad

Hardbite Potato Chips  

Rock Salt & Vinegar

ENTRÉES

Substitute gluten-free pasta for any pasta entrée for an extra \$2.

Chicken Stir Fry

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

Chicken & Shrimp 'Ciao' Mein

Fire-grilled free run chicken, wild prawns, house-made pesto, fresh arugula, caramelized onions and chardonnay lemon cream; tossed with egg noodles, topped with Parmesan **19**

Veggie Korma **V**

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

Urban Hippie Feast **GF**

Our house-made veggie patty served over cauliflower fried 'rice' with egg, raw beet salad, roasted yam gravy; finished with radish seedlings **14.5**

For All My Vegan Friends **V**

Quinoa, 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, Cranberry Semolina, or Zena's Gluten-Free **11.5**

Hot Spinach & Artichoke Dip

Served with roti **14.5**

Pesto Prawns

One dozen sweet prawns pan seared and swimming in our pesto sauce, served with grilled bread for dipping **15**

Albacore Tuna Tostadas

Albacore tuna seared rare, sriracha lime vinaigrette, fresh avocado, local organic pea shoots, crispy wontons **15**

Dahl **V**

Slow braised red lentils, pickled jalapeños, toasted cumin and touch of lime; served with roti **12.5**

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 **17**

Napa Salad **GF**

Organic arugula, spinach, goat cheese, spiced pecans, fresh grapes, white balsamic vinaigrette **16**

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

Grilled Chicken Free run **6**

Garlic Prawns (6)  **4**

Garlic Prawns (12)  **8**

Tuna, seared very rare  **8**

Lamb Sausages (2) **5.5**

Beef Patty **4.5**

Ham Steak **3**

Tofu Steak **4**

Sliced Bacon (3) **3.5**

Avocado **2**

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**

Lotsa Cheese Grilled Cheese

Loads of mozzarella and cheddar cheeses melted on organic sourdough **9**

Hawaiian Tropics

Roti sandwich stuffed with honey ham, pineapple, cheese, and tomato sauce **10**

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**

Garlic Prawns (6)  **4**

Garlic Prawns (12)  **8**

Tuna, seared very rare  **8**

Lamb Sausages (2) **5.5**

Beef Patty **4.5**

Veggie Patty **3**

Ham Steak **3**

Tofu Steak **4**

Sliced Bacon (3) **3.5**

Fresh Sliced Tomatoes **2**

Avocado **2**

Maple Syrup **1**

Fresh Hollandaise **1.5**

Free Run Egg **1.5**

Roti (1) **2**

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 **3.5**

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

Herbal Tea: Chamomile Lavender, Red Velvet, Mint

Lemonade **4**

Homemade or Mango

Home-Made Iced Tea **4**

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 **3**

Chocolate Milk **3.5**

Almond or Soy Milk **3.5**