
SMALLS

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**

Hot Spinach & Artichoke Dip

Served with roti **13.5**

Dahl **V**

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

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**

SALADS

Big Feast Salad **GF**

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

Napa Salad **GF**

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

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**

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**

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.

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**

Mac & Cheese

A traditional favourite **8.5**

Chicken Run

Grilled boneless naturally fed chicken breast, served with jasmine rice **8.5**

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**

Itty Bitty Feast

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

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 **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**

THE SIDES

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

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

Smashed Potatoes **GF**

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

STEAKS, NOODLES & MORE

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

AAA Sirloin Steak GF

6oz simply grilled with a touch of roasted garlic; served with smashed potatoes and seasonal vegetables **23**

Napa Sirloin

Fire-grilled 6oz AAA sirloin and Napa salad topped with pesto prawns; served with garlic focaccia **25**

Seafood Sirloin GF

Includes crab and prawns in roasted garlic butter; served with smashed potatoes and seasonal vegetables **27**

Grilled Balsamic Chicken GF

Goat cheese, fresh tomatoes, balsamic reduction, served with smashed potatoes and seasonal vegetables **19.5**

Latin Chicken Penné

Fresh tomatoes, peppers, snap peas, lemon cream topped with latin chicken breast and feta cheese; served with roasted garlic cheddar sourdough **19**

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**

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, toasted pine nuts, fresh arugula, caramelized onions and chardonnay lemon cream; tossed with egg noodles, topped with toasted pine nuts **18.5**

Grilled Vegan Tofu Steak Dinner V

Roasted garlic marinated tofu steak, house-made vegan dahl, basmati rice, crisp roti, radish seedlings **17**

Veggie Korma V

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**

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**

Grown Up Mac & Cheese

Served with house salad and grilled garlic cheddar sourdough **16**

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

Lemonade 3.5

Homemade or Mango

Home-Made Ice T 3.5

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

Blue Monkey Coconut Water 3.25

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