
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 **9.5**

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**

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 **16.5**

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 **9.5**

Kids Burger

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

Mac & Cheese

A traditional favourite **9**

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 **9.5**

Hawaiian Tropics

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

Itty Bitty Feast

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

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.

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 **24**

Napa Sirloin

Fire-grilled 6oz AAA sirloin and Napa salad topped with pesto prawns; served with garlic focaccia **27**

Seafood Sirloin **GF**

Includes crab and prawns in roasted garlic butter; served with smashed potatoes and seasonal vegetables **29**

Grilled Balsamic Chicken **GF**

Goat cheese, fresh tomatoes, balsamic reduction, served with smashed potatoes and seasonal vegetables **20**

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, fresh arugula, caramelized onions and chardonnay lemon cream; tossed with egg noodles, topped with toasted pine nuts **19**

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**

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 **15**

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

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**

COCKTAILS

Big Feast Caesar 1oz 6 2oz 9
House hot sauce, pickled carrots

Classic Mimosa 3oz 6
Sparkling wine and orange juice in a champagne glass
Weekends only

Big Feast Mango Mimosa 3oz 6
Sparkling wine and mango juice in a champagne glass
Weekends only

Mike's Hard Lemonade 3oz 6
Our own house-made lemonade with raspberry sour
puss, local vodka

Mike's Hard Iced Tea 1oz 6 2oz 9

Our house-made iced tea with local vodka and a splash of mango

Raspberry Mojito 1oz 6.5 2oz 10
White rum, soda, raspberry purée, fresh mint, fresh lime, and house-made simple syrup

Big Feast Cold Coffee 1oz 6 2oz 9
Iced Saltspring espresso, milk, Kahlua; topped with a splash of Baileys

Baileys Latté 1oz 6.5 2oz 10
Saltspring espresso, steamed milk, Baileys; topped with fresh Baileys whipped cream

Baileys & Coffee 1oz 6 2oz 9

VQA WINE

BC WHITES

Mission Hill KELOWNA
5 Vineyards Pinot Blanc 6oz 9.5 9oz 14 Bottle 38

The View Winery KELOWNA
Silver Lining White 6oz 9 9oz 13.5 Bottle 38

Hester Creek OLIVER
Pinot Gris 6oz 10 9oz 14.5 Bottle 42

BC REDS

Mission Hill KELOWNA
5 Vineyards Cab Merlot 6oz 10 9oz 14.5 Bottle 42

The View Winery KELOWNA
Silver Lining Red 6oz 9 9oz 13.5 Bottle 38

Adega OSOYOOS
Cabernet Franc Bottle 50

BEER & CIDER

Nelson Breweries
After Dark Organic Dark Ale
Organic Hopgood Session IPA

355ml 6
355ml 6

Whistler Brewing
Powder Mountain Lager
Bear Paw Honey Lager
Forager Gluten-Free Lager

330ml 6
330ml 6
330ml 6

Phillips Brewing
Blue Buck Ale 341ml 6

Okanagan Apple Cider
Crisp Apple 355ml 6
Harvest Pear 355ml 6