
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 **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

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**