

## BIG FEAST BREAKFAST + LUNCH

# Seasonal Favourites

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## ROTATING SIDES

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### **QKC Salad**

Quinoa, kale and cashews with a cilantro peanut dressing **6**

### **Crispy Mustard Spaetzel**

Served with portobello mushroom chips **6**

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## ENTRÉES

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### **Corned Beef Hash**

Two poached eggs with southern BBQ marinade, roasted baby potatoes, caramelized onions, sweet peppers, topped with hollandaise sauce; served with citrus infused fruit salad and choice of toast **18**

### **Short Rib Benny**

Braised short rib, banana pepper jam, two poached eggs served on garlic cheddar sourdough, topped with hollandaise sauce and crispy onions; served with roasted potatoes or citrus infused fruit salad **20**

### **Chorizo Omelette**

Chorizo sausage, caramelized onions, arugula and goat cheese; served with roasted potatoes or citrus infused fruit salad and choice of toast **16**

### **Red Thai Curry Burger**

House-made Thai curry beef patty, ginger, lime and basil aoli, lettuce, tomato, red onion and melted brie served on a brioche bun **17**

### **Scotty's Reuben**

Big Feast's great twist on a classic! Corned beef, sauerkraut, roasted peppers, dijonnaise and havarti; served on crisp roti with choice of side **17**

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## BEVERAGES

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### **Whistler Brewing Chestnut Ale**

Robust caramel and crystal malts give the brew deep brown amber hues, and roasted chestnuts impart a unique and bold nutty character, complemented by a light level of hops, for a clean but crisp finish. *330ml* **6**

### **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*

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# BIG FEAST BREAKFAST

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## My Favourite Breakfast Sandwich

Two pieces 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 **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**

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## MMMM... EGGS!

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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 Gelderman's 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**

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# HANDHELDS

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Our beef burgers are hand-pressed with Hopcott Farms' premium ground beef. Unless otherwise noted, all handhelds are served on a toasted brioche bun with your choice of side. Substitute a Zena's gluten-free bun for an extra \$2.

### 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) **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 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 **17.5**

### 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**

### Kids Burger

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

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# THE SIDES

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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**

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# LITTLE FEAST

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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**

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# EXTRAS

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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**

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# THIRST QUENCHERS

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'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**