
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 **16**

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!

The Benny

Two eggs, fresh hollandaise, grilled herb focaccia with your choice of ham, creamed spinach, or double-smoked bacon **16**

Crab Benny

Fresh avocado, chipotle crema, crispy capers and fresh hollandaise on organic corn flake crusted sourdough **22**

Smoked Salmon Benny

Pickled jalapeño crème fraiche, fresh avocado, white cheddar & garlic sourdough **19**

Veggie Benny **GF**

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

Hard Days' Night

Two free run eggs, choice of double-smoked bacon (3), ham steak or merguez lamb sausage; served with your choice of toast **15.5**

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**

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, sweet potatoes, two poached eggs, house-made goat cheese hollandaise; 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. All handhelds are served on a brioche bun unless noted otherwise; a gluten-free bun or lettuce wrap is 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, double-smoked bacon, cheddar, mozzarella, lettuce, tomato, mustard, house-made mayo, caramelized onions **17**

The 5am

Our beef patty, fried egg, smoked cheddar, honey mustard ham, chipotle crema **18**

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) **18.5**

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**

Tuna Steak Burger

Albacore tuna seared very rare, chipotle crema, crispy capers, butter lettuce on toasted garlic cheddar sourdough **18**

Grown-Up Grilled Cheese

Double cream Brie, aged Parmesan, mozzarella, sharp cheddar, organic sourdough **16**

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 **16**

Kids Burger

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

THE SIDES

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

AWESOME CHOICES: INCLUDED

Roasted Breakfast Potatoes 

Cup of Soup

Ask your server for daily selections

Curried Quinoa Chickpea Salad

Asian Slaw  

Big Feast Salad  

Hardbite Potato Chips  

Rock Salt & Vinegar

PREMIUM SELECTIONS: ADD \$2

Cauliflower Fried 'Rice'  

Tofu, scallions, carrots, snap peas

Broccoli & Maple Bacon Salad 

With sunflower seeds

Yam Hash  

Napa Salad 

Citrus Infused Fresh Fruit Salad  

Tofu Noodle Salad

ENTRÉES

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

Chicken Stir Fry

Fire-grilled free run chicken, egg noodles, bok choy, red peppers, snap peas, fresh orange garnish **19**

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 **15.5**

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 6 Bowl 10*

Roasted Yam, Curry & Mango Chutney Soup **V GF**

Finished with a touch of coconut *Cup 6 Bowl 10*

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 **13**

Hot Spinach & Artichoke Dip

Served with roti **14.5**

Salmon Tostadas

Smoked salmon, pickled jalapeño creme fraiche, fresh avocado, crispy wontons, pea shoots **16**

Albacore Tuna Tostadas

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

Dahl **V**

Slow braised red lentils, pickled jalapeños, toasted cumin and touch of lime; served with roti **13.5**

Big Feast Salad **V GF**

Baby greens, pea shoots, local dried cranberries, organic pumpkin seeds, carrots, peppers, cucumbers, and white balsamic vinaigrette **14**

Tofu Noodle Salad

Fresh bell peppers, organic tofu, egg noodles, house-pickled daikon, roasted cashews, sesame chili vinaigrette **15.5**

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 **18**

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 **7**

Wild Pacific Salmon (5oz)  **8**

Garlic Prawns (6)  **5**

Garlic Prawns (12)  **9**

Seared Tuna (50g)  **7**

Lamb Sausages (2) **6**

Beef Patty **6**

Ham Steak **4**

Tofu Steak **4**

Sliced Bacon (3) **4**

Avocado **2.5**

Free Run Egg **2**

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 **9.5**

The Chocolate Elvis

Organic chocolate sauce, house-made peanut butter, banana on grilled sourdough **9.5**

Stella's Amazing Tacos (2)

Pulled pork, bourbon BBQ, coleslaw, fresh avocado on crisp roti **9**

Hawaiian Tropics

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

Mac & Cheese

A traditional favourite made with penne noodles **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 7	Beef Patty 6	Avocado 2.5
Wild Pacific Salmon (140g) 🐟 8	Veggie Patty 3	Maple Syrup 1
Garlic Prawns (6) 🍤 5	Ham Steak 4	Fresh Hollandaise 1.5
Garlic Prawns (12) 🍤 9	Tofu Steak 4	Free Run Egg 2
Seared Tuna (50g) 🍷 7	Sliced Bacon (3) 4	Roti (1) 2
Lamb Sausages (2) 6	Fresh Sliced Tomatoes 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**

Pure Leaf Iced Tea **4**

Choose from Unsweetened, Peach, Green Tea, or Raspberry

Blue Monkey

Coconut Water **3.25**

Bubbly Sodas **2.5**

Choose from Grapefruit, Orange, Strawberry, Lime

Phillips Sodas **4**

Choose from Sparkmouth Ginger Ale, Captain Electro's Root Beer, Dare Devil Orange Cream, Speed King Craft Cola

Kombucha **6**

Ginger or Pineapple Peach

Naked Smoothies **5.5**

Mighty Mango or Green Machine

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**