
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 **14.5**

Dahl **V**

Slow braised red lentils, pickled jalapeños, toasted cumin and touch of lime; served with roti **12.5**

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**

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 **16**

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**

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.

Mac & Cheese

A traditional favourite **9**

Chicken Run

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

Itty Bitty Feast

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

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. Gluten-free bun or lettuce wrap 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, cheddar, mozzarella, lettuce, tomato, mustard, and caramelized onion **17.5**

Kids Burger

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

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**

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**

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**

THE SIDES

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

Sub Yam Hash (+\$1)

Cup of Soup

Ask your server for daily selections

Cauliflower Fried 'Rice'

Eggs, scallions, carrots, snap peas

Smashed Potatoes

Asian Slaw

Big Feast Salad

Napa Salad

Citrus Infused Fresh Fruit Salad

Tofu Noodle Salad

Hardbite Chips

Rock Salt & Vinegar

STEAKS, NOODLES & MORE

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

AAA Sirloin Steak **GF**

6oz simply grilled with a touch of roasted garlic; served with smashed potatoes and seasonal vegetables **26**

Napa Sirloin

Fire-grilled 6oz AAA sirloin and Napa salad topped with pesto prawns; served with garlic focaccia **29**

Seafood Sirloin **GF**

Includes crab and prawns in roasted garlic butter; served with smashed potatoes and seasonal vegetables **34**

Grilled Balsamic Chicken **GF**

Goat cheese, fresh tomatoes, balsamic reduction, served with smashed potatoes and seasonal vegetables **21**

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**

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**

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**

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, peppers and snap peas; served with brown basmati rice and roti **15**

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**

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 **3.5**

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**

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 and 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 355ml 6
Organic Hopgood Session IPA 355ml 6

Whistler Brewing
Powder Mountain Lager 330ml 6
Bear Paw Honey Lager 330ml 6
Forager Gluten-Free Lager 330ml 6

Phillips Brewing
Blue Buck Ale 341ml 6

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