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# SOUP, SALAD & TAPAS

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## 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*

## 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 **13.5**

## 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 **GF**

Fresh bell peppers, organic tofu, egg noodles, house-pickled daikon, roasted cashews, sesame chili vinaigrette **14.5**

## Eat It or 'Beet' It Salad **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**

## Salmon Tostadas **GF**

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

## Albacore Tuna Tostadas **GF**

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

Go ahead and add some protein to your salad—we're not judgy.

**Grilled Chicken** Free run **7**

**Wild Pacific Salmon (140g)** **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**

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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.

## Mac & Cheese

A traditional favourite made with penne noodles **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 **9.5**

## 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**

## Itty Bitty Feast

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

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# HANDHELDS

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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**

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# THE SIDES

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

#### AWESOME CHOICES: INCLUDED

**Smashed 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**

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# STEAKS, NOODLES & MORE

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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

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**

## Lennon's Fried Chicken

Cornflake, Parmesan and fresh herb crusted chicken breast over tomato cream penne, roasted red pepper aioli; served with seasonal vegetables **23**

## Pulled Pork Mac & Cheese

Our traditional favourite topped with slow braised pulled pork; served with Big Feast salad **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 **15.5**

## 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**

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# THIRST QUENCHERS

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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**