

# LUNCH MENU



## NIBBLES-PERFECT FOR SHARING

All of our dips, breads and marinated vegetables are made fresh in house.

### BRUSCHETTA 🍅

Warm slices of garlic brushed organic bread served with diced marinated local tomatoes, fresh basil and parmesan. 6.75

### ANTIPASTO

An assortment of olives, seasonal marinated vegetables, prosciutto ham, Valbella Genoa salami & warm herb crusted goat's cheese. full portion 14.95 half portion 9.95

Served with any of our house made dips:

Sweet Red Bell Pepper, Roasted Garlic & Onion, Sundried Tomato Hummus (dairy free) or Balsamic Vinegar with Extra Virgin Olive Oil.

Extra bread full portion 3.00 half portion 2.00

### FRESHLY BAKED ORGANIC FLATBREAD WITH DIP 🍅

Topped with your choice of: Three Herb Pesto, Garlic Oil or Sundried Tomato Pesto all baked with asiago cheese. 6.75

You also have a choice of house made dip:

Sweet Red Bell Pepper, Sundried Tomato Hummus (dairy free), Roasted Garlic & Onion, or Balsamic Vinegar with Extra Virgin Olive Oil.

Extra dip 2.50

## SOUPS

Served with a side of fresh organic flatbread.

### HOME MADE CHICKEN NOODLE SOUP

Made with organic chicken, shredded carrots & hand-cut organic pasta, topped with pesto. bowl 6.50 half 4.50

### SOUP OF THE DAY 🍅

Changes daily with seasonal produce. bowl 6.75 half 4.75

## SALADS

All salads are finished with house made salad dressings which are sweetened with natural honey, topped with seasonal sprouts and served with a side of fresh organic flatbread.

### HONEY DIJON PEPPERCORN 🍅

Fresh organic greens with Jicama root, cherry tomatoes & green peppers in a Dijon mustard, black pepper lemon vinaigrette & topped with asiago. regular 7.75 large 11.75

### FRESH HERB 🍅

Assorted organic leaves tossed in fresh herb vinaigrette with cubed tomatoes, oranges, cucumbers & avocado. regular 7.75 large 11.75

### FRESH BASIL AND BLACKBERRY 🍅

Fresh organic green leaves, brown mushrooms, mango and roasted red bell peppers tossed in a basil & blackberry dressing. regular 7.75 large 11.75

### FIG & GOAT'S CHEESE 🍅

Assorted organic leaves, crunchy cucumbers, ripe tomatoes, shaved red onions and green bell peppers mixed with goat's cheese in a creamy sundried black mission fig dressing. regular 9.50 large 14.25

## SALAD ACCESSORIES

Extra avocado regular 1.50 large 3.00  
Goat's Cheese regular 2.50 large 3.75  
Orange maple cured wild sockeye salmon 🐟 5.75  
Free range slices of chicken 5.75

## FRESH PASTAS

All of our pasta is made from certified organic freshly-milled flour & changes daily with seasonal fresh produce. So please ask your server or check one of our blackboards for today's special.

### FETTUCINI 🍅

Lots of local seasonal veggies in a house made dairy or veggie sauce 9.95

ADD DAILY SPECIALTY MEAT OR OCEAN WISE SEAFOOD 4.00

This menu is printed on 100% recycled paper. ♻️

## LUNCH COMBOS

### SOUP & SALAD COMBO

Home made chicken noodle soup or soup of the day with your choice of one of our four housemade salads. 10.75

### SOUP & MORE COMBO

Home made chicken noodle soup or daily soup with your choice of organic flatbread pizza or daily pasta. 13.25

### SALAD & MORE COMBO

One of our four house made salads with your choice of organic flatbread pizza or daily pasta. 14.25

## FLATBREAD PIZZAS

All flatbread pizza bases are 100% organic, handcrafted, brushed with garlic oil and based with organic tomato sauce & mozzarella cheese. They are topped with your favourite wholesome ingredients & baked in our artisan clay wood-fired oven. Our house pesto is nut & dairy free. 9.95

### BASIL BOCCONCINI 🍅

Slices of organic ripe tomatoes, natural brown mushrooms, freshly cut bocconcini cheese & rough chopped basil leaves

### SPICY PEPPERONI ❄️

Organic pork & beef pepperoni with brown mushrooms & fresh chopped herbs

### SUNDRIED TOMATO AND GOAT'S CHEESE 🍅 ❄️

Brown mushrooms, artichokes, sun-dried tomatoes, goat's cheese & fresh herbs

### RANCHERS CHOICE

Certified organic spicy beef, Italian sausage, green peppers, red onions & goat's cheese

### APPLE CHICKEN HARVEST

Free-range spiced chicken with Granny Smith apples, red onions, cherry tomatoes, three herb pesto & topped with aged cheddar cheese.

### FARMERS MARKET 🍅

Topped with a combination of four to five seasonal local and or preserved vegetables, three herb pesto & Capriny goat's cheese

### SALONI

Prosciutto ham, green peppers, mushrooms & topped with fresh herbs.

### THE CLASSIC 🍅 ❄️

Marinated cherry tomatoes, mozzarella, asiago, Capriny goat's cheese & parmesan topped with fine fresh herbs

### GENOA

Valbella Genoa salami, mozzarella, sliced brown mushrooms, caramelized red onions, cherry tomatoes, bocconcini cheese, Kalamata olives & fresh basil.

### FLATBREAD SPECIAL

Ask your server about our delicious seasonal flatbread special

### GLUTEN 10 INCH FREE CRUST

We are proud to introduce a 10 inch gluten free crust extra 5.00 which we think tastes pretty awesome. A blend of brown rice flour, buckwheat flour & chickpea flour.

## FLATBREAD ACCESSORIES

Vegetables, herbs, asiago, parmesan .50  
Meat (chicken, pepperoni, spicy beef, Italian sausage, prosciutto ham, Genoa salami), goat's cheese or bocconcini. 1.00

## DIPS

Add any of our house made dips to have with your favourite flatbread pizza. Choose from: Sundried Tomato Hummus (dairy free), Roasted Garlic & Onion, Sweet Red Bell Pepper or Olive Oil & Balsamic Vinegar. 2.50

## HOMEMADE DESSERTS

Ask your server for today's dessert specials... don't forget to save some room!

🍅 Denotes a vegetarian option which can be made vegan if omitting cheese.

🐟 The trusted symbol of ocean-friendly sustainable seafood choices supported by the Vancouver Aquarium.

❄️ Denotes available in 10 inch frozen pizzas for take-out.

We are proud to be a member of Ocean Wise and Green Tables.

