

BREAKFAST/ BRUNCH MENU



FRESHLY PRESSED JUICES

ORANGE small 3.25 large 4.50

ORANGE, APPLE & CARROT

DAILY SPECIAL

HOT STUFF

FROG FRIENDLY COFFEE 2.95
(ORGANIC & FAIR TRADE)

AMERICANO 3.00

CAPPUCCINO 3.00

LATTE 3.50

ARTISAN MIGHTY LEAF TEAS 2.75


English Breakfast, Earl Grey, Chamomile,
Tropical Green, Mint, Rooibus or Chai

HOT CHOCOLATE 2.75


OMELETS 9.95

All of our omelets are made with two organic & free range eggs from Astra Organics a biodynamic farm in Abbotsford & served with organic Yukon potato home fries & mixed greens.

ITALIAN SAUSAGE
All natural sausage, green pepper, red onion & goat's cheese.

SUN DRIED TOMATO & BASIL 
Sun dried tomatoes, mushrooms, basil, caramelized onion, bocconcini & fresh parmesan.

DOUBLE SMOKED MAPLE BACON
All natural double smoked maple bacon, brown mushrooms, diced tomatoes, red onion, Canadian cheddar & mozzarella.

FLORINTINE 
Portobello mushrooms, fresh spinach, diced tomatoes, mozzarella & goat's cheese.

TRADITIONAL BREAKFAST

TWO ORGANIC FREE RANGE EGGS, 7.95
ORGANIC YUKON POTATO HOME FRIES & TOAST

ADD ALL NATURAL DOUBLE SMOKED MAPLE BACON 3.75

SIDES & FRESH BAKED GOODS

YOGURT WITH GRANOLA OR FRUIT 5.95
Organic vanilla yogurt with house made granola or seasonal fruit.

SEASONAL FRESH FRUIT SALAD 4.50

HOUSE MADE MUFFINS 2.50

HOUSE BAKED ORGANIC WHOLE WHEAT BREAD
TOASTED WITH B.C. HONEY OR JAM 2.50

HOUSE BAKED ORGANIC WHOLE WHEAT BREAD
TOASTED 2.00

ORGANIC FREE RANGE EGG 2.50

ORGANIC YUKON POTATO HOME FRIES 2.50

ARTISAN FLATBREAD

9.95

All of our handcrafted flatbread pizza bases are 100% organic & topped with your favorite wholesome ingredients & baked in our artisan oven.

YUKON

Organic tomato sauce, mozzarella, all natural double smoked maple bacon, Yukon potatoes, diced tomatoes, red onion, provolone, organic egg & topped with fresh chives.

SAUSAGE & EGG


Organic tomato sauce, mozzarella, all natural Italian sausage, green pepper, red onion, & an organic free range egg finished with fresh diced tomatoes.


VEGGIE

Organic tomato sauce, Yukon potatoes, roasted red & green peppers, brown mushrooms, cheddar/ mozzarella & an organic free range egg.

MARKET BREAKFAST

Organic tomato sauce, mozzarella & topped with a combination of four to five seasonal local & preserved vegetables, three herb pesto, Capriny goat's cheese & an organic free range egg.

CHOCOLATE BANANA  7.95
Callebaut chocolate, house made caramel & roasted banana slices.

GLUTEN FREE CRUST  4.00
Blend of brown rice flour, tapioca, buckwheat & potato flour. Although we do our very best we can not guarantee there is no cross contamination with flour.


OUR COMMITMENTS:


Supporting local farmers & suppliers. Here are some of the farms & suppliers we buy from: Kitsilano Farms, Kits; World In A Garden, Kerrisdale; Meyers Farm, Delta; Foutainview, Lytton; Eatmore Sprouts, Courtenay; Anita's Organic Grain, Chilliwack; Frostbauer Farms, Chilliwack; Richmond Specialty Mushrooms, Richmond; Emma Lea Farms, Ladner; Glen Valley Farms, Abbotsford; Glorious Organics, Abbotsford; Bradner Farms, Bradner; Natural Pastures Cheese Co., Comox, B.C.; Westham Island Herbs, Ladner; Sundance Farm, Chilliwack.

Creating everything fresh in house: Salad dressings, dough, breads, sauces, dips, desserts ...

Striving to continually reduce the carbon footprint of our restaurants.

Teaching youth how to reduce their carbon footprint through: making simple energy savings, growing their own food, cooking with seasonal produce & creating fun green products.

 Denotes a vegetarian option.

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

