

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 & parmesan. 6.75

ANTIPASTO

Kalamata olives, marinated vegetables, schinken speck (cured ham), salami & local cheese. full portion 13.95 half portion 8.45

Served with warm organic bread, balsamic vinegar & 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: 6.25
Three Herb Pesto, Sundried Tomato Pesto or Garlic all baked with asiago cheese.

You also have a choice of house made dip:

Sweet Red Bell Pepper, Spicy Mango, 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 certified organic chicken, shredded carrots & hand cut organic pasta, topped with pesto. half 4.50 bowl 6.50

SOUP OF THE DAY 🍅

Changes daily with fresh seasonal produce. half 4.50 bowl 6.50

SALADS

All salads are finished with house made dressings 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, marinated cherry tomatoes & green peppers in a Dijon mustard, black pepper lemon vinaigrette & topped with asiago. regular 8.25 large 12.25

FRESH HERB 🍅

Assorted organic leaves tossed in fresh herb vinaigrette with cubed tomatoes, oranges & cucumbers. regular 8.25 large 12.25

FRESH BASIL AND BLACKBERRY 🍅

Fresh organic green leaves, brown mushrooms, mango and roasted red bell peppers tossed in a basil & blackberry dressing. regular 8.25 large 12.25

FIG & GOAT'S CHEESE 🍅

Assorted organic leaves, crunchy cucumbers, ripe tomatoes, shaved red onions & green bell peppers mixed with goat's cheese in a creamy sundried black mission fig dressing. regular 9.25 large 13.25

SALAD ACCESSORIES

Extra avocado regular 1.50 large 3.00
Goat's Cheese regular 2.50 large 3.75
Smoked wild salmon 🐟 6.00
Certified organic free range chicken 6.00

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. Saturday & Sunday Pasta only available after 2pm.

FETTUCINI 🍅

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

ADD DAILY SPECIALTY MEAT OR OCEAN WISE SEAFOOD 4.00

🍅 Denotes a vegetarian option

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

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

LUNCH COMBOS

SOUP & SALAD COMBO

Home made chicken noodle soup or soup of the day with your choice of one of our four house made salads. 11.95

SOUP & MORE COMBO

Home made chicken noodle soup or daily soup with your choice of organic flatbread pizza, sandwich or daily pasta. 13.95

SALAD & MORE COMBO

One of our four house made salads with your choice of organic flatbread pizza, sandwich or daily pasta. 14.95

SANDWICHES

All natural fresh ingredients on our organic fresh house made bun. 9.95

GRILLED VEGETABLE 🍅

Sundried tomato hummus topped with grilled marinated zucchini, roasted red bell peppers, caramelized onions, arugula & cured tomatoes.

FRESH SHRIMP 🐟

Fresh Ocean Wise shrimp in a light basil lemon mayonnaise, sliced tomatoes, organic boiled egg & sprouts.

SPICY ROOSTER

Spicy mayonnaise with lettuce, tomato, roasted red bell peppers, spicy certified organic free range chicken baked with provolone cheese & honey dijon.

PULLED BBQ PORK

Spicy mayonnaise with slow roasted all natural BBQ pulled pork from Sundance Farm, Chilliwack & topped with provolone & roasted red peppers.

FLATBREAD PIZZAS

Handcrafted organic flatbread pizza base topped with garlic oil, organic tomato sauce & mozzarella cheese. We then add your favourite wholesome ingredients & bake it in our artisan oven. Our house made pesto is nut & dairy free. For our large pizzas you can ask for half & half varieties. 9.95

BASIL BOCCONCINI 🍅 ❄️

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

SPICY PEPPERONI ❄️

Organic nitrate free beef pepperoni with brown mushrooms & fresh chopped herbs

SUNDRIED TOMATO AND GOAT'S CHEESE 🍅 ❄️

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

BRADNER FARM ❄️

Organic free range chicken with nut free pesto, roasted red bell peppers & sliced onions

FARMERS MARKET 🍅

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

RANCHERS CHOICE

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

THE CLASSIC 🍅 ❄️

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

SALONI

Schinken speck (cured ham), green peppers, mushrooms & topped with fresh chopped herbs

FLATBREAD SPECIAL

Ask your server about our delicious seasonal flatbread special

GLUTEN FREE CRUST

Any of our lunch pizzas can be ordered on our gluten free crust. extra \$4.00
The gluten free crust has a base of tomato sauce & mozzarella unless specified. Our gluten free crust is made with a blend of brown rice flour, tapioca, buckwheat, potato flour, biodynamic eggs & filtered water. Although we do our very best, we cannot guarantee that there is no cross contamination with flour.

FLATBREAD ACCESSORIES

Vegetables, herbs, asiago, parmesan .50
Extra meat, goat's cheese, bocconcini 1.00

DIPS

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

LUNCH MENU



NON-ALCOHOLIC DRINKS

HOUSEMADE SPECIALS	Organic ice tea sweetened with maple syrup	2.95
	Freshly squeezed lemonade sweetened with mineral rich maple syrup	2.95
SODAS	Coke, Diet Coke, Sprite, Ginger Ale (free refill)	2.75
	Santa Cruz Organic Root Beer	2.95
	Santa Cruz Organic Orange Mango	2.95
	Shirley Temple	3.00
NATURAL JUICES	Cranberry, Organic Orange, Organic Apple	3.50
FRESHLY PRESSED JUICES	Create your own blend of season local veggies & fruit.	small 3.25 large 4.50

Please check our blackboards for today's juice specials.

MILK & WATER	Organic Milk	2.95
	Whistler Pure Glacial Spring Water	2.50
	Millers Springs sparkling water (750 ml)	3.75
HOT STUFF	Frog Friendly Wild Coffee - Organic & Fair Trade.	2.95
	Espresso	2.25
	Cappuccino	3.00
	Americano	3.00
	Latte	3.50
	Hot chocolate	2.95
	Artisan Mighty Leaf Teas - <i>English Breakfast, Earl Grey, Vanilla Bean, Tropical Green, Mint, Rooibus, Chai, Vanilla Bean</i>	2.75

BEERS, COOLERS & COCKTAILS

LOCAL ON TAP	Glass (341 ml) 3.75 Pint (562 ml) 6.25 Pitcher (1.6 l) 14.75 Ask you server for our selection of local beers on tap.
DOMESTIC BOTTLED BEERS 341 ml	Kokanee 5.00 Okanagan Springs Pale Ale - BC 6.00 Sleeman's Cream Ale - BC 6.00 Keith's Pale Ale 6.00 Dead Frog Lager - BC 6.00 Bards (gluten free) 7.50
NON-ALCOHOLIC	Warsteiner 4.50
COOLERS	House made freshly squeezed lemonade with your favorite shot of tequilla, vodka or gin 6.50 Okanagan Crisp Apple or Peach (341 ml) 5.75

SANGRIA	House made Pint of Sangria (562 ml) 5.75 House made Pitcher of Sangria (1.6 litre) 14.75
COCKTAILS	Caesar, Martini 7.50
GIN	Bombay Gin 6.00
VODKA	Absolut 6.00
WHISKEY	Crown Royal 6.00
TEQUILA	Cuervo Gold 6.00
LIQUOR	Baileys, Kahlua, Grand Marnier 6.00
	All shots are 30 ml. Double shots just add \$3.00
SPECIAL HOT STUFF	Organic coffees or hot chocolate with your choice of Baileys, Kahlua, Grand Marnier (30 ml) 6.00

WHITE WINE (210ml glass)

SONORA RANCH, CHARDONNAY - BC
A great value, crisp and dry wine with intense apple and tropical flavours.

Glass 7.50 Half Litre 18.00 Bottle 26.00

WHITE BEAR, SAUVIGNON BLANC - BC
Unoaked. Bursting with fruit & a touch of herbaceous zest. Fresh, crisp & full-bodied with excellent balance. 15% of sales donated to conserve BC coastal rain forest, the home of the White Bear.

Glass 9.50 Half Litre 23.00 Bottle 34.00

RIGAMOROLE WHITE, ORGANIC - BC
A mingling of aromatic varieties including Riesling, Gewurztraminer & Muscat.

Glass 9.25 Half Litre 22.00 Bottle 33.00

MISSION HILL, PINOT GRIGIO - BC
A bouquet of ripe tropical fruit, flavours of citrus & a fresh clean finish.

Glass 9.75 Half Litre 24.00 Bottle 35.00

MISCONDUCT MISFIT - BC
A wonderful blend of Chenin Blanc, Chardonnay & Semillion. Floral honey nut toast, butterscotch roasted pear mouth feel & lingering finish.

Glass 10.75 Half Litre 26.00 Bottle 38.00

RED WINE (210ml glass)

SONORA RANCH, MERLOT - BC
A full bodied wine with flavours of cherries & plums & a hint of oak.

Glass 7.50 Half Litre 18.00 Bottle 26.00

RIGAMOROLE RED, BLEND - BC
It's a fabulous mix of Gamay, Merlot, Cabernet Sauvignon, Pinot Noir & Cabernet Franc.

Glass 9.25 Half Litre 22.00 Bottle 33.00

GANTON AND LARSEN PROSPECT WINERY, SHIRAZ - BC
Smooth & rich in texture, with a lively blast of blackberry & pomegranate. The wine is shaded with white pepper and lingers on a generous finish.

Glass 9.50 Half Litre 23.00 Bottle 34.00

MISSION HILL FIVE VINE YARDS, PINOT NOIR - BC
A lighter style of Pinot with fresh cherry & berry notes & a hint of cinnamon.

Glass 9.75 Half Litre 24.00 Bottle 35.00

MISCONDUCT, THE BIG TAKE - BC
Clever mix of Merlot, Cabernet Sauvignon & Cabernet Franc. Bing cherries, dark chocolate, cinnamon with a long finish.

Glass 10.75 Half Litre 26.00 Bottle 38.00

SUPPORTING LOCAL FARMERS:

We buy as much produce as we can from local farmers. Here are some of the farms we support: Kitsilano Farms, Kits; World In A Garden, Kerrisdale; Meyers Farm, Delta; Foutainview, Lytton; Eatmore Sprouts, Courtenay; Anita's Organic Grain, Chilliwack; Frostbauer Farms, Chilliwack; B.C. 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.

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



This menu is printed on 100% recycled paper & laminated in bio-degradable plastic.

