

Traditional British Fish and Chips

Just Like Back Home

Deep fried hand cut wild cod, coated in our homemade batter served with hand cut fries, homemade coleslaw and homemade tartar sauce. 14.25

Senior Size of our Fish and Chips. 11.25

Soups and Salads

Soup of the Day

Cup. 5.50 Bowl. 9.25

Caesar

Fresh romaine, homemade croutons and parmesan cheese tossed in our creamy Caesar dressing. 11.99

Add roast chicken 3.50 ~ local hardboiled egg 1.75 ~ grilled shrimp 4.50

Valley

Mixed spring greens with honey mustard dressing topped with tomatoes, grated carrot, parmesan & sunflower seeds. 11.99

Add roast chicken 3.50 ~ local hardboiled egg 1.75 ~ grilled shrimp 4.50

Korma Salad

Crisp romaine, raisins, red onions, grated carrots & shredded coconut with a homemade creamy coconut curry dressing. 11.99

Add roast chicken 3.50 ~ local hardboiled egg 1.75 ~ grilled shrimp 4.50

Soup and salad combo

A cup of soup of the day with Caesar, Valley or Korma salad. 11.50

Add roast chicken 3.50 ~ local hardboiled egg 1.75 ~ grilled shrimp 4.50

We cater and do take out

Gift Certificates Available

See our menu at

www.realfoodcafe.ca

We would be so pleased if you are able to join us for Dinner

We make almost everything from scratch so please ask if you have any dietary concerns

Proudly using Creston Valley produce because we care about the food you eat

Gluten Free, happy to use gluten free bread on any sandwich, and will gladly alter any dish if possible

Vegetarians, we use only butter in all pastry and chicken stock is only used with meat dishes

GO LOCAL Exchange your chicken on any sandwich, wrap or salad to locally raised for 1.50 extra

All table shakers contain pure Himalayan rock salt

We only use compostable to go containers

All coffee grinds, vegetable peelings and plate scraps are fed to very happy local chickens and pigs

1st Pick a sandwich , burger or wrap

2^d Choose one of our sides below

Made from scratch soup, our hand cut fries
with our special seasoning
or one of our salads
With sweet potato fries add 1.99

Sandwiches

Ham and Cheddar Melt

Thinly sliced grilled smoked ham topped
with melted cheddar & sweet homemade
zucchini chutney with lettuce, onions &
tomato on a grilled bun. 11.75
Add a local scrambled egg for 1.25

Curried Chicken

Roast chicken in our homemade curry sauce
served on a grilled open faced ciabatta
with date chutney & shredded coconut.
11.50

Smoked Salmon Melt

Wild smoked salmon blended with dill
cream cheese served on a bun with melted
cheddar cheese & red onion slaw. 11.75

Chicken & Bacon Pita

Roast chicken, hickory smoked bacon,
onions, tomato, lettuce and apple chutney
in warm pita bread. 11.95

Grown-up Grilled Cheese

Melted local organic Nostrala cheese on
grilled ciabatta with homemade apple
chutney, sliced tomato, red onion and
mixed greens. 11.99

Mango Chicken

Tender chicken with homemade mango sweet
and sour sauce, toasted coconut, red
onions & sesame seeds served on top of
ciabatta. 11.50

Meatball Hoagie

Our handmade meatballs served atop a bun
with our homemade marinara sauce and
topped with fresh grated parmesan. 11.99

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JUST LIKE BACK HOME

*Deep fried hand cut wild cod coated in our
homemade batter served with home cut fries,
homemade coleslaw & tartar sauce. 14.25*

Please don't leave without trying our made from scratch desserts. We only use local free
range eggs and we hand whip the cream with a touch of pure vanilla and sugar.



Burgers

The Real Burger

1/3 lb. of local organic beef with
caramelized onions & tomato on a grilled
bun. 12.50
Add cheese ~ 1.20 add mushrooms ~ 1.00
add hickory smoked bacon ~ 1.00
Add all 3 for 2.99

Fields of Glory Burger

Our handmade vegetarian burger with
organic quinoa, brown rice and black beans
on a soft bun, topped with spring greens,
tomatoes & caramelized onions. 11.99
Add cheese ~ 1.20, add mushrooms ~ 1.00

Cod Burger

Your choice, *grilled or battered* Alaskan
wild cod served on a warm grilled bun with
onions & tartar sauce. 12.25

Wraps

BBQ Chicken

Roast chicken cooked with homemade BBQ
sauce, rolled in a grilled flour tortilla
with lettuce and homemade coleslaw. 11.75

Crispy Chicken Caesar

Sliced chicken breast dipped in our
homemade batter and deep fried then rolled
in a tortilla with parmesan, romaine and
our creamy homemade Caesar dressing. 12.25

Drinks

Fair-trade organic coffee, 2.50

Tea - Tetley, Herbal 2.20

Pepsi, Diet Pepsi, Ginger Ale, 7-Up

All 2.25 a can

** House brewed sweet ice tea 3.75*

** Homemade seasonal lemonade 3.75*

Juice and Milk - small 1.99, large 2.99

Local pressed apple and cherry juice

Small 1.99, Large 2.99