

# **Traditional British Fish and Chips**

## **Just Like Back Home**

Deep fried cod, coated in our homemade batter served with hand cut fries, homemade coleslaw and homemade tartar sauce. 14.99

Senior Fish and Chips. 11.99

## **Lunch Bowls**

### **Curry Bowl**

Our homemade mild coconut curry sauce over basmati rice with fresh vegetables and grilled flat bread. 13.25, with chicken 14.25, with shrimp 15.75

## **Soups and Salads**

Let us know if you would like bread

**Soup of the Day - Always homemade**

Cup. 5.99                      Bowl. 9.50

### **Soup and salad combo**

A cup of soup of the day with Caesar, Valley or Korma salad. 12.25

*Add roast chicken 3.75      ~ local hardboiled egg 1.75      ~ grilled shrimp 4.99*

### **Caesar**

Fresh romaine, homemade croutons and parmesan cheese tossed in our creamy

Caesar dressing. 12.25

*Add roast chicken 3.75      ~ local hardboiled egg 1.75      ~ grilled shrimp 4.99*

### **Valley**

Mixed spring greens with honey mustard dressing topped with tomatoes, grated carrot, savory sprinkle & sunflower seeds. 12.25

*Add roast chicken 3.75      ~ local hardboiled egg 1.75      ~ grilled shrimp 4.99*

### **Korma Salad**

Crisp romaine, raisins, red onions, grated carrots & shredded coconut with a homemade coconut curry dressing. 12.25

*Add roast chicken 3.75      ~ local hardboiled egg 1.75      ~ grilled shrimp 4.99*

**Fair Trade Organic Coffee 2.60. Tea, green, black and herbal 2.25**

**Pepsi, Diet Pepsi, Ginger Ale, 7- up all 2.50 a can**

**~~~~~ Our house brewed slightly sweetened iced tea 3.99 ~~~~~**

**~~~ Seasonal homemade lemonade 3.99 ~~~**

*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

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

**Please don't leave without trying our made from scratch desserts.**

**We only use local free range eggs and butter**

*ALL DISHES MADE IN  
HOUSE FROM SCRATCH*

*ALL SERVED WITH YOUR CHOICE OF HAND  
CUT FRIES, HOMEMADE SOUP OR ANY OF  
OUR SALADS.*

*WITH SWEET POTATO FRIES ADD 2.25*

**DONT WANT BREAD ? - We can serve  
anything on rice instead**

**Sandwiches**

**Handmade Meatball Bun**

Pork & beef meatballs served atop a  
grilled bun with our marinara sauce and  
topped with cheese. 12.50

**Ham and Cheddar Melt**

Thinly sliced grilled smoked ham topped  
with melted cheddar & sweet tomato chutney  
with lettuce and onions on a grilled bun.  
12.25

Add a local scrambled egg for 1.25

**Curried Chicken**

Roast chicken in our curry sauce served on  
a grilled open faced ciabatta with date  
chutney & shredded coconut. 11.99

**Chicken & Bacon Pita**

Roast chicken, hickory smoked bacon,  
onions, lettuce and apple chutney in warm  
pita bread. 12.50

**Grown-up Grilled Cheese**

Melted local organic Nostrala cheese on a  
grilled ciabatta bun with homemade apple  
chutney and red onions. 12.99

**Mango Chicken**

Tender grilled chicken with our mango  
sweet and sour sauce, toasted coconut, red  
onions & sesame seeds served on top of  
ciabatta. 11.99

**Chicken and Artichoke Pita**

Grilled chicken in our creamy artichoke  
sauce served open faced atop grilled  
ciabatta. 12.75

**Poutine your Fries**

**Homemade coconut curry sauce, coconut, red onions  
and cilantro. 3.50**



**Burgers & Melts**

**Fields of Glory Burger**

Our handmade vegetarian burger with  
organic quinoa, brown rice and black beans  
on a soft bun, topped with our tomato  
chutney & caramelized onions. 12.99  
Add cheese ~ 1.20, add mushrooms ~ 1.00

**The Real Burger**

Made with local organic beef, with  
caramelized onions on a grilled bun. 13.50  
Add cheese ~ 1.20 add mushrooms ~ 1.00  
add hickory smoked bacon ~ 1.00  
\* Add all 3 for 2.99 \*

**Cod Burger**

Your choice, *grilled or battered* wild  
cod served on a warm grilled bun with  
onions & tartar sauce. 13.25

**Beef Melt**

Slow cooked beef atop grilled garlic bread  
with melted cheddar cheese and hot banana  
peppers. 12.99

**Smoked Salmon Melt**

Wild smoked salmon blended with dill  
cream cheese served on a bun with melted  
cheddar cheese & red onion slaw. 12.50

**Wraps**

**BBQ Chicken**

Roast chicken cooked with our BBQ sauce,  
rolled in a grilled flour tortilla with  
lettuce and homemade coleslaw. 12.75

**Crispy Chicken Caesar**

Sliced chicken breast dipped in our batter  
and deep fried then rolled in a tortilla  
with parmesan, greens and our creamy  
Caesar dressing. 12.99

**Creole Cod**

Cod dipped in our batter and deep fried  
with Cajun seasoning, smoky corn relish  
and crisp romaine. 12.99