



All dishes made in house from scratch

Everything on this page comes with your choice of hand cut fries, homemade soup or one of our salads

With Sweet potato fries add 2.25

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

DON'T WANT BREAD? We can serve anything on rice instead

Poutine your fries, with our unique creamy coconut curry sauce topped with red onions, cilantro and coconut, add 4.25 (Vegetarian and GF)

Sandwiches

Curried Chicken. Grilled chicken, curry sauce, date chutney, shredded coconut, atop ciabatta. 12.95

Meatball. Homemade pork and beef meatballs, cacciatore sauce, Grana Padano, atop ciabatta. 13.50

Beef Melt. Slow cooked beef, melted cheddar, chipotle aioli, hot banana peppers, ciabatta bun. 13.75

Chicken BLT. Grilled chicken, bacon, lettuce, tomato relish, pita bread. 13.50

Grown-up Grilled Cheese. Local organic Nostrala, apple chutney, red onions, ciabatta bun. 13.75

House Made Burgers

Fields of glory. Organic quinoa, black bean, brown rice patty, red onion, tomato relish. 13.95

The Real Burger. With local organic beef, red onions, tomato relish. 13.95

Cod Burger. Your choice, Grilled or Battered wild cod, tartar sauce, red onions. 14.25

Salmon Lentil Burger. Wild salmon and lentil patty, mango fennel chutney. 14.50

Add cheese, 1.20, add mushrooms, 1.00, add bacon 1.00. Add all 3 for 3.00

Wraps

Blackened Chicken. Grilled chicken, blue cheese drizzle, romaine, red onions. 13.75

Crispy Chicken. Breaded chicken, romaine, Grana Padano, creamy Caesar. 13.95

Teriyaki Wrap. Your choice, Grilled chicken, 13.95, Slow cooked beef, 14.25, Grilled shrimp, 14.50
Teriyaki sauce, rice, red onions, fresh greens

Uh Oh, Don't forget to leave room to try one of our made from scratch desserts

We only use local free range eggs



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

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

- Vegetarians, we use only butter in our 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 1.75 extra
- All table shakers contain pure Himalayan rock salt
- All vegetable peelings and plate scraps are fed to very happy chickens and pigs

Favourites

Traditional British Fish and Chips. Deep fried cod in our homemade batter with hand cut fries, homemade coleslaw and tartar sauce, 15.50. Smaller size 12.99.

Curry Bowl. Our homemade mild coconut curry sauce over basmati rice with fresh vegetables, date chutney and grilled flat bread. Vegetarian 13.25, Roast chicken 14.95, Grilled shrimp 15.95.

Soup and Salads

Homemade soup of the day. Cup 5.99 Bowl 9.50

Soup and Salad Combo. A cup of day soup and a side of one of our salads. 12.75

Caesar

Fresh romaine, Grana Padano and homemade croutons tossed in our creamy dressing. 12.50

Valley

Mixed greens, grated carrot, sunflower seeds, cranberries, lemon basil vinaigrette. 12.50

Korma

Crisp romaine, raisins, shredded carrot and coconut, red onions, coconut curry dressing. 12.50

Add to your salad, Grilled chicken 3.75, Local hardboiled egg 1.95, Grilled shrimp 4.99

Drinks

House Brewed Slightly Sweetened Iced T. 3.99

Homemade Lemonade, seasonally flavored. 3.99

Locally roasted Sasquatch coffee. 2.75

Tea, Black, Green and Herbal. 2.60

Pepsi, Diet Pepsi, Ginger Ale, 7-Up, Root Beer. 2.50

We also have a selection of beer and wines

In a rush, call ahead, we can have your order ready to take out or dine in

Yes, we cater