



Beans on Toast \$7

Olive Oil & Fresh Herbs

Scotch Egg \$6.5

Harissa Mayo

Chef Inspired Quiche \$14

Artisan Greens with Cranberry & Orange Dressing

Soup of the Day \$5 small \$9 for full

Please check our board

Hippie Benny \$15

Soft Poached Eggs, Chick Pea Cake, Kale & Wild Mushrooms, Stinging Nettle Hollandaise. Garden Greens with Preserved Young Spruce Tip Vinaigrette or Confit Potatoes in Duck Fat

Vegetable Tagine \$15

Stone Bridge Farm Soft Poached Eggs, Pearl Couscous, North African Root Vegetable & Dried Fruit Stew with Preserved Lemons

Croque Madame \$15

Smoked Tempeh, Gruyere Cheese, Sunnyside Egg & The Plot Market Garden Greens with Preserved Young Spruce Tip Vinaigrette or Confit Potatoes in Duck Fat

Full Breakfast \$14

Two Eggs any style, Choice of Bacon or Sausage, Baked Beans, Toast & Potatoes

African Bowl \$15

Jollof Rice & Beans, Sausages, Smoked Shrimp & Chilli Aioli, Pickled Vegetables, Scramble Eggs

Island Salad Bowl \$17

House Smoked Wild BC Salmon, Ancient Grains, Foraged Pickled Sea Asparagus, Japanese Knotweed, Radish, Spruce Tip Vinaigrette & Toasted Hemp Seeds

Jerk Chicken Bowl \$16

Chayote, Carrots & Beets Slaw, Bulgur Wheat, Crispy Exotic Chips, Mango & Habanero Salsa

Sides

House Made Sausage with Smoked Eggplant Puree & Pickled Onions \$5.00

Crispy Bacon with Braising Greens & Maple \$3.5

Confit Potatoes in Duck Fat with Blue Cheese & Roasted Pears \$4.5

Chef Castro Exotic Chips with Harissa Aioli \$5

Organic Green Salad with Spruce Tip Vinaigrette \$5

See other side for Vegetarian & Vegan Menu options. Please place your order at the counter with our friendly staff.