
Desserts

We feature an assortment of fresh-baked cookies, bars, tarts, cakes, & pies. We also feature gluten-free, vegan, and 'Raw' desserts.

Ask us to make your next celebration cake!

Smoothies (All GF)

Beet & Berry 7 (DF, V)

Beets, berries, oranges, almond milk, agave, and hemp seeds.

Cranberry Coconut 7 (DF, V)

Frozen cranberries, fresh-made cranberry sauce, coconut milk, and banana.

Oatmeal Apple 8

Oats, apple, cinnamon, maple syrup, dates, milk, and Greek yogurt.

Cocoa Banana & Avocado 8 (DF, V)

Cocoa powder, banana, avocado, agave, almond milk, and dates.

Matcha Pineapple 8

Banana, pineapple, coconut water, spinach and lemon.

Eat Your Greens! 8 (DF, V)

Spinach, local pea shoots, almond milk, vanilla, banana, cinnamon and chia seeds.

Berry Banana 7

Mixed berries, banana, milk, yogurt, agave syrup.

Creamy Cashew Espresso 10 (DF, V)

Cashews, agave, vanilla and espresso

Seasonal Smoothie (*price varies*)

See our board!

Coffee Beverages (can be iced or blended)

Drip Coffee 2.25 / 2.75

Espresso/Americano 2.5

Cappuccino 3.5 / 4

Latte 3.5 / 4

Mocha 3.75 / 4.25

Caramel Macchiato 4 / 4.5

Café-made Chai Latte 3.5 / 4

London Fog 3.25 / 3.75

Matcha Latte 3.5 / 4

Red (Rooibos) Latte 3.25 / 3.75

Hot Chocolate 3 / 3.5

Steamed Milk 3.25 / 3.75

Syrup (hazelnut, café-made caramel & vanilla) .50

Milk alternatives (soy, almond, coconut) .75

Extra shot 1.25

Cold Drinks

Café Made Organic Iced Tea 2.50

Fresh Squeezed Orange Juice 5

Café Made Sparkles 2.75

Boylan's Soda 3



cafe menu

Food for Life.

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Open Monday to Friday 8am-4:30pm and Saturday 9am-4:30pm.

Closed long weekends and holidays.

We use organic as much as possible. If you're curious about our ingredients, please ask!

We may run out of certain items daily. This is part of using local suppliers. Try something new! Check our board for a list of our awesome LOCAL SUPPLIERS!

Please state dietary restrictions before ordering.

Gluten-free: GF; Dairy-free: DF; Vegan: V

Breakfast

(served 'til 11am, Mon-Fri; all day Sat)

Fresh-baked Muffins 3.5

Granola w/Greek Yogurt & Seasonal Fruit 7

Fresh-made, sweetened with sucanat and local honey.

Orange Currant Toast w/Brown Butter 4

Served with fresh fruit.

Toasted Spelt Bagel w/Brown Butter 4

Served with fresh fruit.

Breakfast Sandwich 7.5

One egg, Gouda cheese, fresh tomato, and lettuce on an spelt bagel.

Breakfast Burrito 9

Two eggs, Monterey Jack cheese, potatoes, chorizo or ham, and peppers rolled up in a 12" tortilla, and served with fresh salsa and sour cream.

Maple French Toast w/Prosciutto 12

Two slices of Challah soaked in eggs, cream, cinnamon, and vanilla. Topped with brown butter and crispy prosciutto. Served with maple syrup and fresh fruit.

Huevos Rancheros 10 (GF)

Two eggs on a corn tortilla topped with cheese, black beans, avocado, fresh salsa, and sour cream.

Chorizo Scramble 11 (GF)

(add orange currant toast 2)

Three-egg scramble with local chorizo, navy beans, cherry tomatoes, green onions. Served w/ fresh fruit.

Black Tea-Infused Irish Porridge 9 (DF, V)

Organic steel-cut oats simmered in coconut & almond milk with black tea, vanilla, local honey. Topped with almond cream, berry coulis, pepitas, chia & hemp seeds, almonds, and fresh fruit.

Buttermilk Pancakes 9

Three thick & fluffy pancakes topped with brown butter, fruit, whipped cream, and maple syrup.

Wraps, Sandwiches & More

(served with choice of salads: green, grain, Indian carrot, Asian slaw)

Taj Mahal 11

Roasted tomato chutney, raita, and toasted cashew hummus rolled up in a 12" tortilla with organic greens, grated carrots, and sliced cucumber.

Garlic Steak Wrap 13

Local marinated steak sautéed with potatoes and peppers, and rolled up in a 12" tortilla with raita and arugula.

Roasted Veggie 12

Roasted veggies, brown rice, sundried tomato hummus, pepitas and feta rolled up in a 12" tortilla.

Roasted Turkey & Gouda 13

On cranberry bread w/ lettuce and cranberry mayo.

Fresh Veggie 11

On roasted squash bread with lettuce, tomatoes, cucumbers, pesto cream cheese, Gouda, and mayo.

Beet & Blue Cheese 12

A creamy puree of roasted beets, cream cheese, and blue cheese on hearty grain bread. Topped with avocado, and arugula tossed in a vinaigrette.

Green Apple and Smoked Cheddar 12

On chia flax bread w/ dill hummus and pea shoots.

Beef Dip w/Caramelized Onions & Provolone 14

Local beef, caramelized onions, and melted provolone on a whole wheat bun. Served with our onion broth and a side of organic greens.

Salmon Gyros 17

Marinated BC Wild Salmon, tzatziki, and tapenade in a cafe-made pita. Served with a side Greek salad.

Sandwich Feature - See our board!

Salads and Soup (All GF)

Seasonal Fruit Bowl 9 (half: 5) (DF, V)

Tossed with fresh-squeezed orange juice & agave, and sprinkled with organic coconut.

Organic Greens w/ Honey Curry Dressing

10 (half: 6)

Topped with cherry tomatoes, red onions, toasted almonds, oranges, avocado and local pea shoots.

Wild Rice w/Spinach, Goat Cheese,

Hazelnuts 12 (half: 8)

Organic wild rice tossed with spinach, chickpeas and toasted hazelnuts. Topped with goat cheese.

Deconstructed Chicken-Avocado Spring Roll 16 (DF)

Local sesame-marinated chicken, butter lettuce, avocado, rice noodles, peppers, grated carrots, and toasted cashews. Topped with peanut sauce, and sprinkled with sesame seeds, and green onions. Served with Rustica's crackers.

'Raw' Taco 14 (DF, V)

Organic greens topped with seasoned walnut taco 'meat', cashew 'cream', and avocado salsa.

Two Sisters Seasonal Salad (price varies)

Ingredients change with the season. See our board!

Abundance Bowl 16

Ingredients change with the season. See our board!

Soup (made fresh daily)

Bowl 7; Cup 5

Artisan bun 2

Cornbread 2 (GF)

Rustica's crackers .75

Kids' Stuff

Grilled Cheese 8

Monterey Jack melted between two pieces of sourdough bread. Served with fruit.

Granola w/Yogurt & Seasonal Fruit 5

*See breakfast

Scrambled Eggs 5 GF

Two eggs and cream soft scrambled, and served with fresh fruit.

Kids Snack Plate 8

Rustica's crackers, cheese, hummus, fresh veggies.

Add ons

Local organic egg 2

Cream cheese/peanut butter/jam .75

Local honey 1.50

Local organic ham/beef/chorizo 4

Turkey 3

Avocado 4

Salsa/sour cream/dressing .75

Pancake 3

Maple syrup 1.25