

menu

*We use local & organic turkey, eggs, and Artisan bread. Our beef, chicken, and pork are local.
All other ingredients are local & organic as available.*

Please state dietary restrictions before ordering.

We may run out of certain items daily - this is part of using local suppliers.

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

Breakfast

Fresh-baked Muffins 4

Granola w/Yogurt & Seasonal Fruit 7

Half Order 4

Sweetened with maple syrup.

Scrambled Eggs 6 (GF)

Two eggs and cream soft scrambled. Served with fresh fruit

Orange Currant Toast w/Brown Butter 5

Served with fresh fruit.

Toasted Sourdough Bagel w/Brown Butter 5

Served with fresh fruit.

Breakfast Sandwich 9

One egg, Gouda cheese, fresh tomato, and lettuce on a bagel or English muffin.

Breakfast Burrito 10

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

Avocado Toast 10

One piece of toast, one egg, avocado, and a drizzle of our magic sauce. Add cured ham 2.50

Maple French Toast w/Cured Ham 14

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

Huevos Rancheros 14 (GF)

Two eggs on a corn tortilla with crispy, melted cheese, black beans, avocado, fresh salsa, & sour cream.

Chorizo Scramble 13 (GF)

(add orange currant toast 3.00)

Three-egg scramble with local chorizo, navy beans, cherry tomatoes & green onions.

Buttermilk Pancakes 12

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

Wraps, Sandwiches and More

Served with choice of salads (all v): organic, grain, green, Indian carrot, Asian slaw.

Taj Mahal 13

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

Garlic Steak Wrap 14

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

Roasted Veggie 14

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

Roasted Turkey & Gouda 15

On cranberry rye bread with lettuce and cranberry mayo.

Fresh Veggie 13

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

Beef Dip w/Caramelized Onions & Provolone 16

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

Thai Burger 15

Our loaded veggie patty topped with Asian slaw, peanut sauce, and tomatoes on an Artisan bun. Served with a side of organic greens.

Grilled Cheese 8

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

Feature Grilled Cheese 16

Changes often

Snack Plate 10

Bun, cheese, hummus, fresh veggies, and fruit.

Salads & Soup (All GF)

Seasonal Fruit Bowl 10 (half: 6) (DF, V)

Tossed with fresh-squeezed orange juice & organic cane syrup

Organic Greens w/ Honey Curry Dressing 10 (half: 7)

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

Wild Rice w/Spinach, Goat Cheese&Hazelnuts 13 (half: 9)

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

Deconstructed Chicken-Avocado Spring Roll 16 (DF)

Sesame-marinated chicken, greens, avocado, rice noodles, peppers, grated carrots, and toasted cashews. Topped with peanut sauce, and sprinkled with sesame seeds, and green onions.

'Raw' Taco 14 (DF, V)

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

Abundance Bowl

Ingredients change with the season. See our board!

Soup (made fresh daily)

Bowl 7; Cup 5

Artisan bun 3

Cornbread 3 (GF)

Add ons

Local organic egg 2.50

Cream cheese/peanut butter/jam .75

Local Honey 1.50

Local organic cured ham/beef/chorizo 5

Turkey 5

Avocado 3

Salsa/sour cream/dressing .75

Pancake 4

Maple syrup 1.50

Cafe-made ketchup .75

Desserts

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

We make custom cakes and desserts!

Smoothies (All GF)

*sweetened with organic cane syrup

Beet & Berry 9 (DF, V)

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

Cranberry Coconut 9 (DF, V)

Cranberries, agave, coconut milk, and banana.

Cocoa Banana & Avocado 9(DF, V)

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

Matcha Pineapple 9

Banana, pineapple, coconut water, spinach and matcha powder.

Eat Your Greens! 9

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

Berry Banana 8

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

Creamy Cashew Espresso 10(DF, V)

Cashews, agave, vanilla and espresso.

Immunity Booster 9

Carrots, ginger, turmeric, orange juice, cinnamon, pineapple and banana.

Hot Drinks

Ask for it on ice!

Drip Coffee 2.75 | 3.25

Espresso/Americano 3

Cappuccino 4 | 4.50

Latte 4 | 4.50

Mocha 4.25 | 4.75

Caramel Macchiato 4.50 | 5

Café-made Chai Latte 4 | 4.50

London Fog 4 | 4.50

Organic Matcha Latte 4 | 4.50

Red (Organic Rooibos) Latte 4 | 4.50

Hot Chocolate 3.50 | 4

Steamed Milk 3.75 | 4.25

Syrup (hazelnut, café-made caramel & vanilla) .75

Milk alternatives (soy, oat, coconut) .75

Extra shot 1.50

Cold Drinks

Café Made Organic Iced Tea (Café made) 3

Fresh Squeezed Orange Juice 5

Sparkles (Café Made) 3.25

Boylan's Soda 3

Have a look at our Drink Board!

Thank you to our local suppliers!

Bulkley Valley Beekeepers
Reel Coffee
Canyon Creek Coffee
Art & Soul Pottery

Rustica Bakery
Healthy Hugs Organics
WDiamond Farm

Happy Pig Organic Farm
Small Potatoes Farm
High Slope Acres
G's Family Farm