

## breakfast

**chia pudding - gf/v** \$5  
citrus chia pudding with roasted apples and a citrus apricot granola

**overnight oats - gf/n/v** \$5  
peanut butter and banana overnight oats with a chocolate coconut granola and banana chip garnish

**fancy toast** \$6  
seasonal savoury - warm toasted poppyseed bagel topped with a thin spread of confit garlic, a hearty dollop of a pickled beet whipped feta, fresh sliced tomatoes, crisp arugula and finished with cracked pepper and rosemary infused kosher salt

seasonal sweet - whipped honey ricotta cheese with a kiss of salt, maple syrup and sage stewed berries, finished with candied lemon sugar, all on top of our house made poppyseed bagels

**breakfast bowls - gf optional** \$11

a - roasted hashbrowns, tomato, spinach, dry cured bacon, 2 sunnyside up eggs, orange slices, and 1 slice earthbound sourdough bread

b - turmeric whipped sweet potato, quinoa 2 poached eggs, arugula, lemon dressing and a medley of roasted vegetables

**the monarch breakfast sandwich** \$10

fig jam, caramelized onions, apple, arugula, 1 egg, smoked ham, sharp cheddar, served on a housemade poppyseed bagel

**spicy chorizo breakfast burrito** \$11

toasted flour tortilla filled with refried beans, crispy hashbrowns, scrambled eggs, crumbled feta, fresh pico de gallo, roasted jalapeño hot sauce, sour cream, pig and pantry chorizo

**gluten-friendly pancakes (3)** \$10  
served with house whipped honey butter, buttermilk syrup  
add a side of bacon \$4

**breakfast charcuterie - n** solo \$14/sharing \$21  
griddled english muffin, toasted poppyseed bagel, gluten friendly pancake served with a fresh selection of balsamic haskap berry, spicy mango apple chutney, raspberry chia jam, caramelized onion Creamy brie, toasted rosemary chèvre, pickled beet whipped feta and a selection of dried fruits and nuts served alongside pig and pantry peameal bacon, crisped blood pudding, Persian sausage and a classic smoked bacon and finished with a beet pickled egg.

## lunch - salads

**roasted vegetable salad with tzatzik - n/gf/v** \$14  
fresh crisp arugula topped with roasted seasonal vegetables, cashew tzatziki, and a choice of protein: gf vegan falafel, gf herb crusted tofu, pineview farms bbq chicken, herbed ground turkey, or roasted pork loin

**cuban salad** \$14  
romaine and mixed greens tossed in a creamy dijon dressing and topped with roasted pork loin, turmeric pickled cauliflower, swiss cheese, spicy carrots and a sharp vinegar dill pickle, finished with a crunchy herbed crouton and just a touch of honey

**citrus squash quinoa salad - n/gf/v** \$14  
mixed greens tossed in a dijon pear vinaigrette, finished with quinoa, toasted pecans, roasted butternut squash, orange segments, and a herbed goat cheese, with choice of protein: gf vegan falafel, gf herb crusted tofu, pineview farms bbq chicken, herbed ground turkey, or roasted pork loin

**turkey quinoa power bowl - gf** \$14  
arugula tossed in apple garlic dressing, topped with quinoa, roasted veggie medley and herbed ground turkey, finished with pumpkin seeds and parsley

**roasted broccoli - v/gf** \$14  
spinach, rice mix, roasted broccoli, fresh pineapple, chilli peanut sauce, and toasted peanuts, with choice of protein: gf vegan falafel, gf herb crusted tofu, pineview farms bbq chicken, herbed ground turkey, or roasted pork loin

**braised cabbage - gf** \$14  
arugula, cabbage and lentil mix, herbed goat cheese, sage butter puff pastry, lemon yogurt, with choice of protein: gf vegan falafel, gf herb crusted tofu, pineview farms bbq chicken, herbed ground turkey, or roasted pork loin

**loaded citrus bean - gf** \$14  
rice mix, black beans, chickpeas, corn, pico de gallo, avocado, chipotle lime and yogurt dressing, with choice of protein: gf vegan falafel, gf herb crusted tofu, pineview farms bbq chicken, herbed ground turkey, or roasted pork loin

**tivoli pasta salad** \$8  
marinated sundried tomatoes, fresh red onion and bell peppers, a light olive oil dressing, all served over a al dente rotini pasta

## lunch - hand helds

**jalapeño popper grilled cheese** \$12  
roasted jalapenos, bacon, cream cheese, provolone and sharp cheddar on earthbound hemp sourdough bread

**memphis chicken caesar wrap** \$12  
oven roasted pineview farms chicken breast, house made bbq sauce, fresh greens and slivered onions, tossed in house caesar dressing, on a whole wheat wrap

**roast beef, pickled beet & feta cheese** \$12  
slow roasted lost river distillery beef, crumbled feta, pickled beets, grainy dijon mustard, mayo and caramelized onions on earthbound hemp sourdough bread

**honeysuckle chicken sandwich** \$14  
Butter crisped breaded pineview chicken breasts with a salted lemon ricotta sauce and balsamic haskap relish and crisp romaine leaves on a griddled poppyseed bagel

**mushroom dip** \$14  
sautéed mushroom medley, with fresh herbs, red onions, and roasted garlic, and baked with a creamy provolone cheese, on a house made ciabatta. served with mushroom au jus

**vegetarian hummus stacker - v** \$11  
house made paprika hummus, roasted sweet potato medallions, fresh cucumber, slivered red onion, roma tomato, roasted bell peppers, spinach and lettuce on earthbound hemp sourdough bread

**herschel harvest** \$14  
sweet onion and pepper jam, fresh slices of english cucumber, crisp pea shoots, cured ribbons of green and yellow zucchini, finished with a whipped lemon ricotta, all on a fresh whole wheat bread

## lunch - additions

**soup of the day** \$6/\$5  
fresh daily soup

**side salad** \$5  
add on to any handheld