



BREAKFAST MENU

Served until 11am Monday - Friday
& until 12pm Saturday - Sunday



Served
all day

Sweet Sourdough Toasts 5

Buttered & served with
housemade fruit jam and hazelnut butter

Oatmeal 13.5

Creamy steel cut oats, housemade fruit compote and
hazelnut butter, maple syrup, sourdough bread
Served with side of oat milk - Vegan

Granola 13.5

House maple roasted granola yogurt,
fruit, sourdough bread

French Toast 9 | 16

House made Chocolate chip sourdough brioche,
yogurt, fruits

Sourdough Pancakes 5 | 10 | 13.5

Single, double or triple stack.
served with butter + maple syrup

✂ Cheese Egger 7

Fried egg, cheddar on a sourdough english muffin

✂ Sausage Egger 8.50

House made maple sage sausage patty , egg, cheddar,
house made sourdough english muffin

✂ Breakfast Burger 19.50

House made beef+pork patty, fried egg, bacon,
gouda, house made aioli and green salsa

✂ Savoury Sourdough Toasts 11

Buttered & served with housemade red lentil
hummus + boiled egg, zaa'tar

Pesto Poachie 10 | 15

Single or double sourdough toast, housemade kale
pesto, poached egg, cheddar, za'atar, greens

Huevos Rancheros 17.5

Housemade corn tortillas & smoky pinto beans,
2 fried eggs, feta + housemade salsa

Farmhouse 19.5

2 eggs, choice of bacon or sausage, greens,
roasted potatoes, sourdough bread

Henhouse 16

2 eggs, greens, roasted potatoes,
sourdough bread

Breakfast Skillet 17

2 eggs baked in house made harissa & cream,
seasonal veggies, feta & sourdough bread

✂ Bacon Breakfast Sandwich 13

Fried egg, bacon, gouda, house made kale pesto,
aioli, tomato jam

✂ Veggie Breakfast Sandwich 13

Fried egg, seasonal veg, gouda, house made kale
pesto, aioli, tomato jam

Extras

Hazelnut butter \$1
Housemade Jam \$1
Housemade Ketchup \$1
Housemade Hummus \$2

Grow your plate


Add bacon 5
Add sausage 4
Add Potatoes 4
Add egg 2.5

WE are proud to source from local farms

Organic Vegetables: Terra firma Farms, Revelstoke , BC
Pasture raised pork: Two rivers , Vancouver, BC
Pasture raised pork: BA sausages, revelstoke, BC
Organic Produce: Wild Flight farm, mara , BC
Organic Poultry: Hoisington farms, armstrong, BC
Organic fruits: Our Cawston families' Orchards, Cawston, BC
Organic okanagan apple juice : Triple jims, chilliwack, BC



BC Grass Fed Dairy: Grass Roots Farm, Salmon Arm, bc
Organic eggs : Sunshine valley farms, creston, bc
Organic Flours: Wolfgang's Grain & Flour, Enderby BC
DAIRY: D Dutchmen Dairy, Sicamous BC
Grass Fed Beef: Greenslide Cattle Company, Revelstoke BC
Traceable organic canadian beans + legumes: Flourist
Sea Salt: Vancouver island salt co. bc


Served
all day

LUNCH MENU

served daily from 11am Monday - friday
& from 12pm saturday - sunday



Cheese Toastie 11

Sourdough bread, cheddar, side of house made ketchup

Beet Goat cheese Toastie 13

Housemade herb goat cheese, roasted beets

Ham & Cheese Toastie 14

Sourdough bread ham, cheddar, side of housemade ketchup

Kim-cheese Toastie 13

Sourdough bread, house made Kimchi, gouda, kale

Market Sandwich 12

House made red lentils hummus, seasonal roasted veg, pickled slaw and kale pesto

Chicken Sandwich 13.50

Buttermilk roasted chicken tossed in house made ranch, aioli, pickled slaw, greens

Ploughman's Sandwich 13

Ham or veggie pate, gouda, house pickled slaw, egg salad, greens, aioli, mustard

Daily Panini 14

Extras

add side soup \$6.5

add side field salad \$7.5

swap for GF toasts \$1.5

Soup 9

Ever changing, sourdough bread

Grazing Bowl 16

Glory bowl of grains & vegetables, jammy egg, feta, dressing

Field Salad 14

The fields best, dressed to impress, sourdough bread

Half + Half 15

Half soup, half salad, sourdough bread

Bacon Breakfast Sandwich 13

Fried egg, bacon, gouda, house made kale pesto and tomato jam

Veggie Breakfast Sandwich 13

Fried egg, seasonal veg, gouda, house made kale pesto and tomato jam

Barnyard Burger 18

House made beef + pork patty, gouda, house made aioli and tomato salsa, greens on a milk bun

Field Burger 18

House made veggie patty, kale pesto & red lentil hummus, halloumi, greens on a milk bun

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