



# BREAKFAST MENU

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

☀️ AVAILABLE ALL DAY

## TOAST

### Sourdough Toast – \$5 ☀️

buttered & served with fruit jam and hazelnut butter

### Savoury Toast – \$13 ☀️

buttered sourdough, red lentil hummus, boiled egg, za'atar

## GRAINS

### Oatmeal – \$14

creamy steel-cut oats with fruit compote, hazelnut butter, maple syrup, sourdough toast, oat milk

### Granola – \$14

house maple-roasted granola, yogurt, fruit compote, sourdough toast

## BREAKFAST SANDWICHES

### Cheese Egger – \$7 ☀️

fried egg, cheddar on a sourdough English muffin

### Sausage Egger – \$8.5 ☀️

maple sage sausage patty, fried egg, cheddar on a sourdough English muffin

### Bacon Egger – \$8.5 ☀️

bacon, fried egg, cheddar on a sourdough English muffin

### Breakfast Burger – \$23 ☀️

beef & pork patty, fried egg, bacon, gouda, aioli, green salsa on a toasted brioche bun

### Bacon Breakfast Sandwich – \$14 ☀️

fried egg, bacon, gouda, kale pesto, aioli, tomato jam

### Veggie Breakfast Sandwich – \$13 ☀️

fried egg, seasonal veggie, gouda, kale pesto, aioli, tomato jam

## PLATES & SKILLETS

### Farmhouse – \$19.5

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

### Henhouse – \$16.5

2 eggs, greens, roasted potatoes, sourdough toast

### Breakfast Skillet – \$18

2 eggs baked in harissa cream, seasonal veggies, feta, sourdough toast

### Pesto Poachie – \$11 | \$15

single or double sourdough toast with kale pesto, poached egg, cheddar, za'atar, greens

### Burrito – \$17.5

flour tortillas, smoky refried beans, scrambled eggs, cheddar, sweet corn and peppers, green salsa, yogurt

## STACKS

### French Toast – \$10 | \$16

single or double chocolate sourdough brioche, yogurt, fruit compote, maple syrup

### Sourdough Pancakes – \$6 | \$11 | \$14

single, double, or triple stack, butter, maple syrup

#### Grow Your Plate

Add Bacon \$5

Add Sausage \$5

Add Potatoes \$4

Add Egg \$2.5

#### Extras

Hazelnut Butter \$1

Housemade Jam \$1

Housemade Ketchup \$1

Housemade Hummus \$2



 AVAILABLE ALL DAY

## LUNCH MENU

served daily from 11am Monday - Friday & from 12pm Saturday - Sunday

### GRILLED SANDWICHES

**Cheese Toastie** – \$12 

sourdough, cheddar, side of ketchup

**Beet & Goat Cheese Toastie** – \$13.5

sourdough, herbed goat cheese, roasted beets

**Ham & Cheese Toastie** – \$14 

sourdough, ham, cheddar, side of ketchup

**Kim-cheese Toastie** – \$13

sourdough, kimchi, gouda, kale

### SANDWICHES

**Market Sandwich** – \$13

red lentil hummus, seasonal veggies, pickled slaw, kale pesto

**Chicken Sandwich** – \$14

buttermilk roasted chicken tossed in ranch, aioli, pickled slaw, greens

**Ploughman's Sandwich** – \$14

choice of ham or veggie pâté, gouda, house-pickled slaw, egg salad, greens, aioli, grainy mustard

**Bacon Breakfast Sandwich** – \$14 

fried egg, bacon, gouda, kale pesto, aioli, tomato jam

**Veggie Breakfast Sandwich** – \$13 

fried egg, seasonal veggie, gouda, kale pesto, aioli, tomato jam

### BOWLS & SALADS

**Soup** – \$10

ever-changing, served with sourdough toast

**Grazing Bowl** – \$16.5 

glory bowl of grains & veggies, red lentil hummus, egg, feta, dressing

**Field Salad** – \$14.5

the field's best, dressed to impress, served with sourdough toast

**Half + Half** – \$15

half soup, half salad, served with sourdough toast

### BURGERS

**Barnyard Burger** – \$20

beef & pork patty, gouda, aioli, red salsa, greens on a toasted brioche bun

**Field Burger** – \$20

chickpea pumpkin patty, kale pesto, red lentil hummus, halloumi, greens on a toasted brioche bun

### EXTRAS & ADD-ONS

**Add Side Soup** – \$6.5

**Add Side Field Salad** – \$8

**Swap for Gluten-Free Toast** – \$1.5

“Always explore your garden and go to the market before you decide what to cook”

–Alice Waters

# FRESH SHEET

 available all day

## Monday

### GREENSLIDE BURGER BOWL – \$18

meatballs, baked beans, greens, roasted sweet peppers, corn, cheddar, salsa, jalapeño dressing

## Tuesday

### KIMCHI BOWL – \$16

kimchi, quinoa, kale, boiled egg, ginger, miso dressing

## Wednesday

### GREENSLIDE CHILLI BOWL – \$14/15

beef or veggie, cheddar, cornbread

## Thursday

### FALAFEL BOWL – \$16

kale, quinoa, falafel chickpeas, carrots, greens, feta, seeds, herbs, za'atar

## Friday

### HARVEST QUESADILLA – \$14

butternut squash, pumpkin seed, gouda, honey harissa

## Daily

### WINTER TOAST - \$14

maple roasted carrots, whipped ricotta, honey drizzle, hazelnuts

### GREENSLIDE PANINI - \$14

meatloaf, tomato jam, kale pesto, gouda, arugula

### PUMPKIN TOASTIE - \$14

pumpkin butter, caramelized onion, kale, cheddar

We are proud to source from local farms and suppliers:

Organic Vegetables: Terra Firma Farms, Revelstoke , BC

Organic Vegetables: Wild Flight Farm, Mara , BC

Pasture Raised Pork: Two Rivers, Vancouver, BC

Pasture Raised Pork: BA sausages, Revelstoke, BC

Pastured Poultry: Hoisington Organic Farms, Armstrong BC

Organic Fruits: Our Cawston families' Orchards, Cawston, BC

Organic Okanagan Apple Juice : Triple JJms, Chilliwack, BC

BC Grass Fed Dairy: Grass Roots Farm, Salmon Arm, BC

Free Range Eggs : Sunshine Valley Farms, Creston, BC

Grass Fed Beef: Greenslide Cattle Company, Revelstoke BC

