

# ALL DAY BREAKFAST

SUB TOFU FOR EGGS AT NO ADDITIONAL CHARGE  
ADD BACON OR SAUSAGE FOR \$3

## TRADITIONAL BREAKFAST • 10

2 eggs; bacon, sausage or fried tomato; breakfast potatoes and your choice of toast

## HUNGRYMAN'S BREAKFAST • 15

3 eggs; bacon, sausage or fried tomato; masala baked beans, breakfast potatoes and your choice of toast

## RANCHERO BREAKFAST WRAP • 8

2 scrambled eggs, shredded cheese, smoky pinto beans, homemade salsa, and mesa red sauce in a whole wheat tortilla wrap

## QUICHE DU JOUR • 10

Served with breakfast potatoes

## NEW YORK BAGEL • 4

Toasted with Winnipeg style cream cheese

## GRILLED CINNAMON BUN & BUTTER • 5

## SIDE TOAST WITH HOMEMADE JAM • 3

## FRESH FRUIT SALAD • 5

## ASK ABOUT OUR DAILY SPECIALS!

GLUTEN FREE OPTIONS AVAILABLE

# LUNCH

## SOUP & BREAD • 6

Soup of the day prepared from scratch, with bread and butter

## HUMMUS BOWL • 7

Carrot honey and beet hummus, fresh veggies and warm pita

## FRENCH FRIES • 5

Add gravy for \$1

## YAM FRIES & CHIPOTLE AIOLI • 6

Hand cut oven roasted sweet potato

## THE EVER CHANGING POUTINE • 9

Regular still available

## THAI NOODLE BOWL • 9

Rice noodles, miso peanut sauce, stir fried vegetables, pickled shitake, crunchy peanuts, cilantro and lime

## BURRITO BOWL • 12

Seasoned bison, mesa red sauce, brown rice, corn, salsa, mokey pinto beans, avocado creama and cilantro

ALL ITEMS BELOW COME WITH CHOICE OF  
SOUP, HOUSE SALAD OR FRIES

## BACON CHEDDAR BISON BURGER • 16

House-made bison burger, cheddar, bacon, lettuce, tomato, crispy onions, chipotle aioli on a whole wheat Kaiser

## JERK CHICKEN WRAP • 14

Jerk marinated smoked chicken, tomato, lettuce, cucumber, red onion, and jerk mayo in a whole wheat tortilla

## SMOKED BRISKET SANDWICH • 15

House-smoked sweet and spicy beef brisket with Carolina BBQ sauce, crispy cabbage and apple slaw on a whole wheat Kaiser

## HAM AND CHEESE BAGEL • 12

Lettuce, tomato, ham and dijonnaise on a toasted bagel with smoked gouda

## CHICKEN DONAIR • 14

Lemon and herb marinated chicken, tzatziki, cucumber, tomato, lettuce, red onion, and feta in a warm pita

## FALAFEL PITA • 12

Yogurt and tahini, fried falafel, lettuce, red onion, and cucumber in a warm pita

# SALADS

ADD CHICKEN BREAST FOR \$5

## GREEK SALAD • 9

Mixed greens, red onions, peppers, cucumbers, tomatoes, olives, and feta cheese with house Greek dressing

## BUFFALO HOUSE SALAD • 8

Mixed greens, cucumbers, grated carrots, tomatoes, cranberries, toasted quinoa, and pumpkin seeds with balsamic dressing

## CAULIFLOWER AND QUINOA SALAD • 10

A warm salad of amber quinoa and cauliflower, red pepper, and cilantro with lemon vinaigrette

## ROASTED BEET AND KALE SALAD • 10

Roasted beets, kale, cherry tomatoes, toasted almonds, and hemp seeds with honey lime vinagrette and balsamic reduction

# KIDS MENU

## GRILLED CHEESE & FRIES • 6

Whole wheat bread with cheddar and fries

## CHICKEN FINGERS & FRIES • 6

3 chicken fingers with honey dill and fries.  
Substitute fries for small side salad or veggies and dip

## CHEESE FLATBREAD PIZZA • 6

Homemade marinara, cheese on baked flatbread

## HOTDOG • 5

Winkler Meats all beef hotdog



THE CAFÉ IS OPERATED BY AWARD-WINNING

**DIVERSITY**  
food services