ALL DAY BREAKFAST

MEALS

KIDS

TRADITIONAL BREAKFAST / 12

2 Nature's Farm eggs, toast, hashbrown potatoes, and your choice of fried tomatoes, bacon, or sausage

THE LOU / 12

A Nature's farm fried egg, lettuce, tomato, Bothwell cheddar cheese, and garlic aioli in a Kaiser bun Served with hashbrown potatoes

*add bacon \$3

GRILLED CINNAMON BUN / 8

A grill toasted fresh baked cinnamon bun, served with fruit compote

BISON BURGER / 20

A 5oz house seasoned ground Manitoba bison patty topped with onions, tomato, lettuce, house made pickles, and BBQ sauce
Served with house chipped fries
*add bacon \$3

*add cheese \$3

CHICKEN FINGERS & FRIES / 15

4 Manitoba farmed all white meat chicken tenders, and honey dill dipping sauce Served with house chipped fries

BUTTER CHICKEN / 16

Tender pieces of Manitoba chicken stewed in a sweet coconut milk curry sauce
Served on rice with pita

CHICKPEA CURRY/ 14

A rich coconut milk based vegan curry with stewed chickpeas and assorted vegetables
Served on rice with pita

BOWL OF SOUP / 8

Made inhouse

SPINACH DIP / 15

A rich creamy rich bowl of warm spinach dip served with warmed pita

NACHO BOWL / 14

La Cocina tortilla chips, topped with Bothwell cheese, assorted vegetables, and roasted chicken served with sour cream and salsa

QUESADILLA / 17

Grilled flatbread stuffed with chicken, peppers, spinach, red onion and shredded Bothwell cheese.

Served with salsa and sour cream

WINTER SQUASH SALAD / 12

Roasted butternut squash, and mixed greens topped with candied walnuts, dried cranberries, goat cheese, Champagne vinaigrette

GARDEN SALAD / 7

crispy arugula and leaf lettuces with cucumber, bell peppers, tomatoes, and onions in a balsamic dressing topped with hemp seeds

GRILLED CHEESE SANDWICH / 7

Gooey aged Bothwell cheddar in a sourdough sandwich grilled to golden perfection

KIDS SIZE CHICKEN FINGERS / 8

2 Manitoba farmed all white meat chicken tenders and honey dill dipping sauce Served with house chipped fries

VEGGIE CUP / 6

Served with Ranch dressing

HALF SANDWICH & SOUP / 12

8oz of fresh house made soup served with 1/2 of one of our cold sandwiches



