ALL DAY BREAKFAST

TRADITIONAL BREAKFAST 12

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

*can be made Vegan with Just Eggs on request

THE LOU

A Nature's farm fried egg, lettuce, tomato, Bothwellcheddarcheese, and aioliin a Sleepy Owl bakery bun

Served with hashbrowns *add bacon

3

GRILLED CINNAMON BUN 10

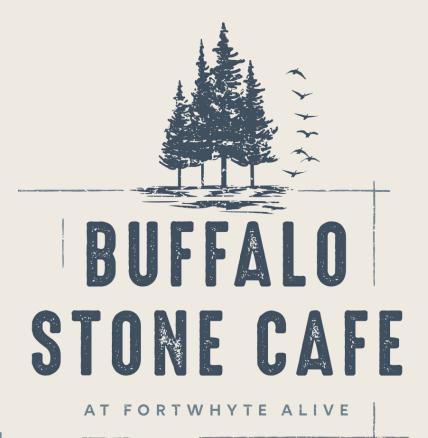
A grill toasted fresh baked cinnamon bun, served with fruit compote

BELGIAN WAFFLES WITH ROASTED PEACHES

Two toasty, warm waffles served with roasted peaches and maple syrup

WEEKEND QUICHE

An ever changing feature made with Nature farms eggs in a delicate crust. Served with a house green salad. Ask your server for this weekends offering *ONLY SERVED ON WEEKENDS





MEALS

(AVAILABLE DAILY AFTER 11AM)

BISON BURGER

20

A 5oz house seasoned ground Manitoba bison patty topped with onions, tomato, lettuce, house made pickles, and BBQ sauce served on a Sleepy Owll bun Served with house chipped fries *add bacon 3 add cheese 3

CLUBHOUSE SANDWICH 15

A classic triple decker club house featuring sliced chicken breast, bacon, lettuce, tomato, Bothwell cheddar and aioli on marble rye toast.

Served with house chipped fries

ROASTED VEGETABLE 18 QUESADILLA

Oven roasted zucchini, peppers, red onion, and tomatoes in a whole wheat tortilla with whipped feta and cheddar cheese

*add chicken 4

MEDITERRANEAN CHICKENFLATBREAD 13

A fresh pita oven baked with whipped feta, roasted veggies, artichoke hearts, kalamata olives, chicken

MACARONI & CHEESE

Oven baked Nature's Farm pasta in our cheese sauce topped with roasted bread crumbs and bacon bits.

CHICKENFINGERS&FRIES 15

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

BUTTER CHICKEN 18

Tender chicken pieces in a homemade spiced East Indian gravy, served on rice with warm pit bread

KADAI TOFU CURRY



Tofu stewed with green pepper, onion, tomato and spices in a traditional East Indian gravy topped with peach chutney. Served on rice with warm pita

SANDWICH&SOUP half 12 full 15

A delicious bowl of our house made soup with your choice of sandwich: smoked turkey, ham & cheese, roast beef or hummus

BUFFALO CHICKEN RANCH 16 WRAP

Tender chunks of chicken tossed in our buffalo sauce with Bothwell cheese, tomato, lettuce and our cucumber ranch dressing in a whole wheat tortilla

Served with house chipped fries

SALADS, SIDES & SNACKS

BUFFALO SALAD





Crisp greens tossed with local cucumber, red onions and peppers, tossed with dried cranberries, pumpkin seeds and quinoa in our balsamic vinaigrette

*add a chicken skewer

5.50

GREEK SALAD

7

Crisp greens tossed with peppers, cucumbers, tomatoes and red onions. Topped with feta cheese and kalamata olives in our Greek vinaigrette.

*addachickenskewer

5.50 4

*add 3 falafel

POUTINE

10(s) 14(L)

House chipped fries, smothered in Bothwell shredded cheese and gravy

FRIES

4(s) 7(L)

VEGGIECUP

6

ServedwithRanch dressing

BOWL OF SOUP

8

8oz bowl of house made soup accompanied with lavash or rolls

KIDS

GRILLED CHESE 7

KIDS MAC 10

Gooey aged Bothwell cheddar on a toasted bread grilled to perfection

A smaller version of or Macaroni & Cheese

FINGERS & FRIES

5 8

2 Manitoba farmed chicken tenders on a bed of housewd chipped fries served with our honey dill