

Kids Menu

Soup of the Day	8
Caesar Salad	8
Cheese Pizza	15
Pepperoni Pizza	17
Chicken Schnitzel	15
Spaghetini Pomodoro	10
Spaghetini Bolognese	12

Individual Desserts

Apple Strudel w/ Vanilla Sauce	12
Feature Tart	10
Feature Cake	10
Assorted Cookie Plate	10
Vegan Raspberry Cheesecake	12

Full Size Desserts

6" Tart	14
<i>Peach, Chocolate Banana, Pecan Pie</i>	
Apple Strudel	Half 13 / Whole 23
Black Forest Cake	23
Vanilla Confetti Cake	23
Layered Mousse Cake	23
<i>Lemon Blueberry/ Chocolate & Raspberry / Operetta/ Coconut/ Strawberry Mousse</i>	

*All desserts are made with gluten free ingredients
apart from our Apple Strudel.*

Booch Kombucha

6

Citrus Twist, Raspberry Lemonade,
Cinnamon Rose, Ginger, Blue Mermaid

Coffee & Tea

Drip Coffee Birds & Beans Guatemalan Huehuetenango

Small 3.5
Large 4

Cappuccino

One Size 5

Americano

One Size 5

Latte

One Size 6

Hazelnut/Vanilla/Caramel Syrup +1

Espresso

Single 3

Double 5

Tea

One Size 4

Earl grey lavender, assam breakfast, sencha green, masala chai,
Chamomile lemongrass, elderberry hibiscus

Tea Latte

One Size 5.75

Discover the world of

*Organic
foods*



Market Hours

Mon - Sat 9am-9pm
Sun 9am-5pm

Takeout Hours

Mon - Sat 11:30am-8:30pm

Contact Us

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Organic Starters

Fresh Bread	5.5
Choice of fresh baked sourdough or sprouted grain bread with a side of olive oil & balsamic V	
Mushroom Bisque	12
cremini mushroom, coconut cream, truffle oil V, GF	
Soup of the Day	12
Charcuterie & Cheese	26
Assortment of house smoked deli meats, local cheeses, accompaniments, sprouted grain bread	
Tapas Trio	16
house-made focaccia, hummus, kalamata olive tapenade, pesto genovese substitute pesto for a green olive tapenade to be considered V	
Smoked Salmon	20
in house smoked and cured BC sockeye salmon, egg, red onion, dill, aioli, sprouted grain bread	
Choice of Add on Protein	
Chicken Schnitzel	13
Grilled Chicken Breast	12
BC Smoked Sockeye Salmon	12
Butcher's Steak 5oz with herb butter	15
BC Sockeye Salmon Fillet	16

Organic Salads

Beet Carpaccio	6
lemon zest, shredded horseradish, chives, pumpkin seed oil & apple cider vinaigrette V, GF	
Green Garden	8
arugula, romaine, watermelon radish, cucumber, shredded carrot, apple cider & dijon vinaigrette V, GF	
Green Kale Caesar	8
kale, roasted garlic, lemon zest, egg free green caesar dressing GF	
Back to the Roots	8
celery root, cabbage, carrot, caraway, cherry tomatoes, pumpkin seed oil & apple cider vinaigrette GF, DF, V	

Organic Pizzas

Florida Margherita	23
pesto genovese, tomato, fresh mozzarella	
Original Margherita	23
Tomato sauce, fresh mozzarella, parmesan, basil	
Pepperoni	24
tomato sauce, mozzarella, beef pepperoni, mushrooms, chili flakes, red onion, balsamic reduction	
Mediterranean	22
tomato sauce, mozzarella, roasted red pepper, kalamata olive, sun dried tomato, oregano	
Vegan	22
tomato sauce, roasted garlic and red pepper, cherry tomato, red onion, kalamata olive, cashew cheese V	
Chicken Florentine	25
parmesan cream sauce, grilled chicken breast, sautéed spinach, red onion, chili flakes	

Organic Pastas

**Gluten Free Penne Available for +2.50*

Rigatoni Bolognese*	22
beef ragù, house-made rigatoni, parmesan	
Spaghettini Pomodoro*	18
pomodoro sauce, garlic, oregano, basil V	
Spinach Ricotta Ravioli	20
pomodoro sauce, parmesan, balsamic reduction	
Homemade Gnocchi	26
parmesan cream sauce, mushrooms, sun dried tomatoes, green peas, truffle oil	

Organic Main Courses

Portobello Mushroom Steak	22
Grilled portobello mushrooms, spicy red Thai marinade, edamame coconut purée, roasted red peppers, toasted cashews, limes GF, V	
Vegetable Delight	21
Warm protein rich bean sauce, seasonal vegetables, root slaw GF, V	

GF – Gluten Free, DF – Dairy Free, V - Vegan

Organic Main Courses

Mushroom Risotto	24
cremini mushrooms, arborio rice, green peas, coconut cream, truffle oil GF, V	
Thai Vegetable Curry	22
chickpeas, sweet potato, celery root and spinach in an aromatic mildly spiced red curry coconut sauce, basmati rice, cilantro oil and green onion GF, V	
Crispy Polenta	20
pan seared organic corn meal, coconut rosé sauce, basil, parsley, chili, cashew vegan cheese GF, V	
Elfriede's Famous Chicken Schnitzel	23
organic free-range chicken, celery puree, pickles, seasonal vegetables, lemon turmeric sauce	
Chicken Curry	24
organic free-range chicken, aromatic spices, basmati rice, green peas, mango chutney sauce GF, DF	
Chicken Scallopini	25
Chicken jus, sautéed mushrooms, house made spaetzle and seasonal vegetables	
Chicken Fricassée	24
Organic chicken in a mild red pepper coconut sauce, basmati rice, olive oil, green onion GF, DF	
Pan Seared Wild BC Sockeye Salmon	26
dill, caper sauce, celery root puree, pickles and seasonal vegetables GF	
Sliced Roast Beef w/ Au Jus	26
organic grass-fed free-range beef slow roasted in jus, potato parmesan rosti, focaccia, old fashioned mustard	
The Frank Burger	24
grass-fed, free-range beef burger, caramelized onions, celery root puree, pickles sprouted whole grain bun, ketchup, dijon mustard	
Beef Goulash	25
onions, grass fed beef, Basmati rice, Hungarian paprika served with focaccia DF	
Chateau Beef Royale	38
free-range beef, sliced and topped with demi glaze, celery root puree, pickles seasonal vegetables, sautéed mushrooms GF	