









807 KING STREET **BRIDGEWATER NOVA SCOTIA** 

# Breakfast

## YOGURT + GRANOLA BOWL \$11

Organic plain yogurt with wild blueberries, our own granola and organic maple syrup

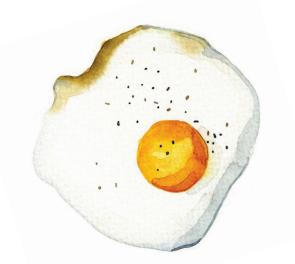
## STEAMED PLANT-BASED MILK + GRANOLA BOWL \$11

Our own granola and wild blueberries served with your choice of almond or soy milk V

CHOOSE FROM:

## **BREAKFAST SANDWICHES**

2 local eggs, fried in butter with local organic shoot mix on our organic whole wheat bun with mayo and dijon.



CHOOSE FROM.	
WHITE CHEDDAR 1 EGG SIZE	\$12 \$8
BACON + SMOKED CHEDDAR 1 EGG SIZE	\$13 \$9
LOCAL HAM + SWISS CHEESE 1 EGG SIZE	\$13 \$9
Add a side of BACON or HAN	1 \$3

## GLUTEN FREE BREAD FROM SCHOOLHOUSE BAKERY IS AVAILABLE FOR ANY SANDWICH

:Kids Food Small Portions - Simple Flavours

## ORGANIC YOGURT + GRANOLA maple syrup and wild blueberries

\$4.50

## **ALMOND BUTTER + JAM** SANDWICH V

on organic whole wheat bread \$4.50

## APPLE + CHEESE @

local apples and white cheddar \$4.50

## **HUMMUS + CHIPS + CARROTS** GF V

housemade hummus, organic tortilla chips and carrot sticks \$4.50

## HALF A GROWN UP SANDWICH • \$7.50

**BUILD YOUR OWN PLATE** \$2 PER ITEM

scrambled egg • sliced fruit bacon • one toast



# Lunch

### **ROOTS AND SHOOTS SALAD** \$12

Green salad featuring Pleasant Hill Farm's organic shoot mix topped with carrot, herbs, nuts, seeds and dried cranberries and finished with a maple balsamic vinaigrette 

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- add chicken salad	\$3
- add goat cheese	\$1

## DAILY SEASONAL SOUP

Our house made soup of the day is always plant-based and gluten free with local and seasonal ingredients served with organic chickpea hummus and carrots or organic sourdough toast with vegan spread or butter 🖭 💟

### **BIG VEGGIE SANDWICH** \$12

A hearty plant-based sandwich with our organic chickpea hummus, organic shoot salad mix, cucumber and tomato on organic sourdough toast **V** 

## **HUMMUS PLATE**

Organic tortilla chips, cuccumber and carrot sticks served with our orgainc chickpea hummus

## 1/2 SANDWICH + CUP OF SOUP \$12

A half VEGGIE, BLT or CHICKEN SALAD sandwich with a cup of our daily soup

## BEEF BURGER

Our house made beef patty with tomato, red onion, pickles, mayo, dijon, and organic shoots on an organic brioche bun served with sesame coleslaw

- add bacon		\$3
- add cheddar cheese	60	\$1

Our delicious veggie + grain patty on our organic whole wheat bun with hummus, tomato, red onion, and organic

## FREE RANGE CHICKEN **SALAD SANDWICH**

Local free range roast chicken salad with tomato, local organic shoot mix, mayo

and dijon on our organic whole wheat toast

Pleasant Hill Farm's organic shoots in lieu of lettuce, juicy slices of tomato and delicious crispy bacon, with dijon and mayo on our organic whole wheat toast

## HAM + SWISS

Local ham + swiss cheese with tomato, local organic shoot mix, mayo and dijon on our organic whole wheat toast



\$11





HAVE ANY SANDWICH ON **GLUTEN FREE BREAD** 



# \$12

