

Superfood Granola -raw	12
sprouted buckwheat granola with goji berries, cacao nibs, chia, sprouted nuts & seeds, served with house almond milk & fresh berries	
Blueberry Pancakes	15.5
fermented buckwheat blueberry pancakes, coconut whip, raspberry maple coulis, fresh berries, cacao nibs	
Baja Benny	16.5
two poached eggs or grilled tempeh, house tortillas, green sauce, arugula, avocado, red cabbage, pickled jicama & hollandaise Served with baby greens & roasted potatoes	
Saanich Farm Benny	16.5
two poached eggs or grilled tempeh, sourdough buckwheat focaccia, basil pesto, spinach, shaved fennel, heirloom tomatoes & cashew hollandaise Served with baby greens & roasted potatoes	
Jaca Hash	16.5
roasted potatoes & spinach, adobo jackfruit & seasoned white beans, mango salsa, sprouts, pepitas, corn chips, cashew hollandaise & poached egg or grilled tempeh	
ZLT - raw	15.5
zacon, greens, tomato, avocado, red onion, sprouts & honey-mustard cashew mayo on house made almond pumpernickel. With choice of soup, salad or potatoes	

add a poached egg to any dish for \$2.50

Our free range eggs come from Lockwood Farm where the chickens run free in the field eating grass & greens. We met the chickens ourselves and they were very happy!

Kids (10 and under only)

Build Your Own Breakfast	11
choose any 3 of the following:	
poached egg	cherry tomatoes
grilled tempeh	cucumbers
mini granola	kalamata olives
pancake	seasoned white beans
roasted potatoes	steamed greens
avocado	brown rice

Soup	Cup	5
ask your server	Bowl	9
Soup & Salad		11
cup of daily soup with a side salad and multiseed cracker		
Summer Roll		9
avocado, summer vegetables, sprouts, blanched collard wrap, spicy peanut sauce		
Market Salad - raw		15
young greens, seasonal juliennes, avocado, sauerkraut, cherry tomato, cucumber, sprouts, and hemp hearts choice of dressing: <i>tahini-lemon, miso-ginger fig balsamic or flax-lemon</i>		
Horiatiki Salad		15.5
marinated tomato, cucumber, red onion, kalamata olives & bell peppers, sprouts, cashew feta, oregano-lemon dressing, baby greens, puffed buckwheat		
Green Bowl		17
dark greens, broccoli, bok choy, onion, zucchini and cabbage in thai coconut green curry on steamed brown rice topped with avocado, toasted cashews, cilantro & scallions		
Mac & Cheese		16
brown rice macaroni, coconut-cashew cheese sauce, summer vegetables & greens, herbed walnut parmesan		

not all ingredients are listed.

please advise your server about food sensitivities and speak with a manager regarding severe allergies

Sides

multiseed crackers	3	poached egg	2.5
steamed greens	3.5	brown rice	2.5
house sauerkraut	3.5	avocado quarter 2/ half	3
grilled tempeh	4.5	seasoned white beans	4
roasted potatoes w/ketchup	4.5	kalamata olives	3.5
		zucchini bacon	4
dressings & sauces:			3
<i>tahini-lemon, miso-ginger fig balsamic, flax-lemon, honey-mustard cashew mayo, sun dried tomato ketchup, basil pesto, oregano-lemon, mango-hemp, ranch, peanut sauce, jalapeño crema, hollandaise</i>			