



## BREAKFAST MENU

SERVED UNTIL 11AM DAILY

JUST ADD COFFEE.



SERVED ALL DAY

### SWEET SOURDOUGH TOAST 5

BUTTER, JAM, HAZELNUT BUTTER

### SAVOURY SOURDOUGH TOAST 8.5 ✕

RED LENTIL HUMMUS, BOILED EGG

### OATMEAL 11.50

STEEL CUT OATS, FRUIT COMPOTE, HAZELNUT, HONEY, SOURDOUGH

### GRANOLA 11.50

MAPLE ROASTED GRANOLA, FRUIT, YOGURT, SOURDOUGH

### SOURDOUGH PANCAKES 5 | 9 | 12.50

SINGLE, DOUBLE OR TRIPLE STACK. SERVED WITH BUTTER + MAPLE SYRUP

### FRENCH TOAST 9 | 16

CHOCOLATE SOURDOUGH BRIOCHE, WHIPPED YOGURT, FRUIT

### HUEVOS RANCHEROS 16.5

FRESH CORN TORTILLAS, TWO FRIED EGGS, SMOKY PINTO BEANS, FETA, SALSA

### BREAKFAST BURGER 19.50 ✕

BEEF+PORK PATTY, FRIED EGG, BACON, GOUDA, AIOLI, SALSA

### BACON BREAKFAST MILK BUN 13 ✕

FRIED EGG, BACON, GOUDA, PESTO, TOMATO ON A MILK BUN

### VEGGIE BREAKFAST MILK BUN 13 ✕

FRIED EGG, SEASONAL VEG, GOUDA, PESTO, TOMATO ON A MILK BUN

### EGGER 7 ✕

FRIED EGG, GOUDA ON A ENGLISH MUFFIN

### SAUSAGE EGGER 8.50 ✕

MAPLE SAGE SAUSAGE, EGG, CHEDDAR, ENGLISH MUFFIN

### PESTO POACHIE 9 | 14

KALE PESTO TOAST, POACHED EGG, CHEDDAR, SESAME ZA'ATAR

### FARMHOUSE 18.5

TWO EGGS, BACON OR SAUSAGE, GREENS, POTATOES, SOURDOUGH

### HENHOUSE 15

TWO EGGS, GREENS, POTATOES, SOURDOUGH

### BREAKFAST SKILLET 16

TWO EGGS BAKED IN HARISSA CREAM, SEASONAL VEG, FETA, SOURDOUGH

### GROW YOUR PLATE

ADD BACON 5

ADD SAUSAGE 4

ADD EGG 2.5

ADD POTATOES 4

### WE ARE PROUD TO SOURCE FROM LOCAL FARMS

ORGANIC VEGETABLES: TERRA FIRMA FARMS, REVELSTOKE , BC  
PASTURE RAISED PORK: TERRA FIRMA FARMS, REVELSTOKE , BC  
ORGANIC PRODUCE: WILD FLIGHT FARM, MARA , BC  
ORGANIC POULTRY: TERRA FIRMA FARMS, REVELSTOKE , BC  
ORGANIC FRUITS: OUR CAWSTON FAMILIES' ORCHARDS, CAWSTON  
TRACEABLE ORGANIC CANADIAN BEANS + LEGUMES: FLOURIST

BC GRASS FED DAIRY: GRASS ROOTS FARM, SALMON ARM  
ORGANIC FLOURS: WOLFGANG'S GRAIN & FLOUR, ENDERBY BC  
DAIRY: D DUTCHMEN DAIRY, SICAMOUS BC  
GRASS FED BEEF: GREENSLIDE CATTLE COMPANY, REVELSTOKE BC  
SEASONINGS: TRACK STREET GROWERS, REVELSTOKE BC  
SEA SALT: VANCOUVER ISLAND SALT CO.





## LUNCH MENU

SERVED DAILY FROM 11AM DAILY



SERVED ALL DAY

### SOUP 9

EVER CHANGING, SOURDOUGH

### FIELD SALAD 14

THE FIELDS BEST, DRESSED TO IMPRESS, SOURDOUGH

### GRAZING BOWL 16 ✕

GLORY BOWL OF GRAINS, VEGETABLES, JAMMY EGG + SOMETHING SAUCY

### HALF + HALF 12.50

HALF SOUP, HALF SALAD, SOURDOUGH

### BACON BREAKFAST MILK BUN 13 ✕

FRIED EGG, BACON, GOUDA, PESTO, TOMATO JAM, MILK BUN

### VEGGIE BREAKFAST MILK BUN 13 ✕

FRIED EGG, SAUTEED GREENS, GOUDA, PESTO, TOMATO JAM, MILK BUN

### MARKET SANDWICH 11

HUMMUS, ROASTED VEGETABLE OF THE MOMENT, SLAW PESTO

### CHICKEN SANDWICH 13.50

BUTTERMILK ROASTED CHICKEN, SLAW, RANCH, GREENS

### PLOUGHMAN'S SANDWICH 13

HAM OR VEG PATE, GOUDA, PICKLED VEG, EGG SALAD,  
GREENS, SLAW, MUSTARD

### CHEESE TOASTIE 10 ✕

CHEDDAR, BROWN BUTTER, KETCHUP

### HAM + CHEESE TOASTIE 13.50 ✕

HAM, CHEDDAR, BROWN BUTTER, KETCHUP

### BEET + GOAT CHEESE TOASTIE 12.50

HERB GOAT CHEESE, ROASTED BEETS

### KIM-CHEESE TOASTIE 12

KIMCHI, GOUDA, KALE, SOURDOUGH, BROWN BUTTER

### CHEESY BAKED BEANS 13 ✕

PINTO BEANS + CHEDDAR SKILLET, SOURDOUGH, GREENS

### BARNYARD BURGER 18

BEEF + PORK PATTY, GOUDA, MAYO, RELISH, GREENS, MILK BUN

### FIELD BURGER 17.50

VEG PATTY, HALLOUMI, GREENS, ONION JAM, TAHINI SAUCE, MILK BUN

### GROW YOUR PLATE

ADD SIDE SOUP 6.5

ADD SIDE FIELD SALAD 6.5

### BROWN BAG LUNCH 18.75

MILK BUN SANDWICH, KARMA SODA, COOKIE, APPLE  
TAKE OUT ONLY

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