

Breakfast

\$5.95 Breakie Plate

2 eggs any style, hashbrowns,
one piece of toast & a side of fruit

Add bacon \$3

Add grilled tomato \$1.50

Add egg \$1.50

Add slice of toast \$1.00
(sourdough or multigrain)

\$8.95 Breakfast Special

- B.E.S.T Sandwich (Bacon, 1 egg,
spinach, tomato, mayo on
sourdough) Add home fries \$2

- B.E.S.T Bowl (Bacon, egg,
spinach, tomato, home fries)

Grab & Go!

\$2.99 Muffin

\$1.50 Cookie

\$5.99 Parfait

\$9.99 Granola

\$13.99 Frozen Meals

New selection weekly!

\$3.00 Capp/americano/hot choc

\$2.00 Coffee/ Tea

Cold drinks in the fridge



Lunch

Soup - flavour of the week

\$3.95 Small bowl

\$7.95 Large bowl with a side of
sourdough bread or taro crackers

\$7.95 B.L.T

\$7.95 Grilled Vege

Sandwich or salad - (Spinach,
butternut squash, roasted red
peppers, carrots, balsamic reduction)

\$4.95 Grilled Cheese

\$7.95 Caesar salad

(romaine lettuce, house made
caesar dressing, taro crackers,
bacon.)

Add grilled chicken \$3

Add home fries \$2

\$9.95 Lunch Combo

- Sandwich + soup/salad/home fries

- Caesar Salad or Grilled Vege Salad
served with home fries

Eagle Wind Cafe