

# LUNCH {Available from 11am}

We use free range eggs, humanely raised meats & sustainable seafood.

<b>Soup of the Day</b> served with toasted focaccia	7
<b>Habit Hummus</b> smoked onion & white bean dip, focaccia, fry bread	7
<b>Beet Salad</b> mixed greens, pistachios, goat feta, spiced vinaigrette	11
<b>Sweet Carrot &amp; Brie Perogies</b> chive sour cream, caramelized onions	11
<b>Crispy Tofu</b> spicy peanut sauce, snap peas, bean sprouts	9
<b>Chicken Wings</b> organic chicken wings tossed in a tandoori-honey glaze, minted yogurt	10
<b>Steamed Mussels</b> 🌊 Salt Spring Island mussels, vermouth, tarragon, orange zest	12
<b>Tuna Casserole</b> 🌊 seared albacore tuna, penne, organic mushrooms, asparagus, parmesan panko crust • <i>vegetarian option available</i>	15
<b>Pulled Pork Sandwich</b> house made bbq sauce, slaw	12
<b>Grilled Cheddar Sandwich</b> caramelized onion with truffle oil	11
<b>Chicken Club</b> bacon, iceberg lettuce, tomato, avocado mayo	12
<b>All sandwiches served with choice of soup, fries or salad</b>	

## SIDES

<b>Warm Israeli Couscous Salad</b>	6	<b>Grilled Asparagus</b>	7
<b>Side Salad</b>	4	<b>English Peas &amp; Bacon</b>	5
<b>Albacore Tuna</b>	4	<b>Flatbread</b>	4
<b>Cup of Soup</b>	3	<b>Mash</b>	4
		<b>Fries</b>	4



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

For groups of 8 or more a 17% gratuity will be added.

## DRINKS

<b>Fresh Juice</b> orange, grapefruit, apple juice	4
<b>Coffee</b>	2 <sup>25</sup>
<b>Decaf Coffee</b>	2 <sup>25</sup>
<b>Tea</b>	2 <sup>25</sup>
<b>Soda Fountain:</b> Pepsi, Diet Pepsi, 7-Up, Ginger Ale, Iced Tea, Root Beer, Dr Pepper	2
<b>Ice Cream Float</b> with vanilla gelato	3 <sup>50</sup>

## REINVENTED RETRO COCKTAILS \$9

We've taken a handful of recognizable retro cocktails, which have traditionally been made with inferior ingredients, and redesigned them using premium, fresh & natural ingredients.

We've then deconstructed each recipe and laid out the components 'bento box' style, along with shaker and glass, so that you can shake and pour your own cocktail.

**Why? Because drinking is fun!**

### 'Blue' Hawaiian

French orange liqueur, infused with all natural organic 'blue' plant extracts, shaken with a healthy measure of Cuban white rum infused with natural coconut extracts, fresh pineapple and fresh lime juices, served up with a pineapple wedge.

### Tequila Sunrise

Premium reposado tequila shaken with fresh squeezed orange juice, a touch of fresh lime juice and a dash of real pomegranate grenadine, served on the rocks with an orange slice.

### 'Sloe Gin' Fizz

You can get neither sloe berries nor sloe gin here in BC, we made our own Canadiana alternative, 'Saskatoon berry gin', shaken with fresh lemon juice, strained over ice, topped with club soda and garnished with a lemon twist.

### Manhattan

Okay, so this cocktail doesn't really fit the profile as it's always stood as a timeless classic, but it does balance the list out nicely. 100% Canadian rye whisky stirred over ice with Italian red vermouth and bitters, served up and garnished with a brandied guinette cherry.