

FROG PEAK BREAKFAST

FAVOURITES

THE FAST BREAKFAST 10

An egg, tomato, spinach, aged cheddar, garlic mayo with sausage patty, smokey bacon, or avocado mash on a toasted english muffin

Have it with hashbrowns 16

Have it on a croissant 3.5

THE BREAKFAST PANINI 10/20

2 eggs, red onion, spinach, feta, aged cheddar and garlic mayo on house-made focaccia, side fire roasted salsa

Add smokey bacon/shaved ham 5

Try half with hashbrowns 16

THE CLASSIC BREAKFAST 20

2 eggs made any style with your choice of smokey bacon, rosemary maple sausage or veggie sausage, served with toast and crispy Yukon gold potatoes or artisan greens

BELGIAN WAFFLE 20

Belgian waffle topped with whipped cream, comes with Quebec maple syrup, a side of blueberry compote and your choice of smokey bacon, rosemary maple sausage or veggie sausage

HUEVOS RANCHEROS 22

2 crispy tortilla shells filled with black beans, avocado mash and aged cheddar, topped with soft poached eggs and chimichurri sauce, served with fire roasted salsa and crispy Yukon gold potatoes

Add chorizo sausage 5

THE SUNRISE BREAKFAST SALAD 20

2 poached eggs on artisan greens, purple cabbage, beets, cucumber, carrots, feta cheese, sunflower sprouts, seeds with tahini garlic dressing or green goddess dressing with one piece of sourdough toast.

Add bacon or veggie sausage 5

WILD LOX BAGEL 19

Cold smoked salmon, whipped cream cheese, house pickled red onions, fresh dill, capers on a toasted sesame bagel

THE GODDESS BAGEL 17

Whipped cream cheese, Antoinettes Salt Spring dip, spinach, tomato, carrots, beets, house-pickled red onions and chili threads on a toasted sesame bagel

BAGEL WITH CREAM CHEESE 10

EGGS BENEDICT

2 soft poached eggs on a toasted english muffin, topped with lemony hollandaise sauce, comes with crispy Yukon gold potatoes or artisan greens

HALF BENNY 16

Your choice of any half benny

THE SUNSHINE 21

Avocado mash, tomato, spinach, crispy fried onions and sunflower sprouts

THE TRADITIONAL 20

Shaved maple smoked ham

THE GOATY 22

Creamy tangy chèvre, smokey bacon and tomato

THE LOX 22

Wild cold smoked lox, capers and fresh dill

THE PESTO 20

Tomato, spinach and pesto

THE RUEBEN 21

Shaved Montreal smoked brisket, sauerkraut, garlic dijon dressing and sesame seeds

KIDS

KIDS BELGIAN WAFFLE 16

Belgian waffle topped with whipped cream, served with blueberry compote and Quebec maple syrup, comes with your choice of smokey bacon, rosemary maple sausage or veggie sausage

KIDS CLASSIC BREAKFAST 13

An egg made any style with your choice of smokey bacon, rosemary maple sausage or veggie sausage, served with toast and crispy Yukon gold potatoes or artisan greens

COCKTAILS

CAESAR \$10.25 1 oz. / \$13.75 2 oz.

CANNED COCKTAILS \$9.50 355 ml

BAILEYS \$4.00 1 oz. / \$6.50 2 oz.

BEER \$8.25 355 ml

FROG PEAK LUNCH

PANINIS

half/full

Served on house-made focaccia, or have it gluten free

THE LUNCH SPECIAL

21

Any half panini with your choice of soup or salad

THE FROG PEAK

10/20

Roasted teriyaki chicken, spinach, roasted red peppers, red onion, aged cheddar and garlic mayo

THE BRIE MELT

11/22

Brie, smoked turkey, roasted red peppers, house-made marinated artichokes, spinach and garlic mayo

THE VEGHEAD

10/20

Roasted red peppers, house-made marinated artichokes, tomato, spinach, pesto, red onion, mozzarella and garlic mayo

THE WALLY

11/22

Shaved maple ham, smoked turkey, smokey bacon, tomato, spinach, red onion, aged cheddar and garlic mayo

THE BLT

10/20

Smokey bacon, tomato, spinach, red onion, aged cheddar and garlic mayo

THE RUEBEN

10/20

Shaved Montreal smoked brisket, sauerkraut, sesame seeds, red onion, mozzarella and garlic dijon dressing

KIDS

KIDS GRILLED CHEESE

11

Crispy grilled cheese sandwich

KIDS SOUP

8

Kid sized soup

KIDS LUNCH COMBO

16

Crispy grilled cheese sandwich with a kid sized soup

SOUP AND SALAD

SOUP

11/16

Made daily with love and warm focaccia bread

HOUSE SALAD

14/18

Seasonal greens, purple cabbage, beets, cucumber, grated carrots, sunflower sprouts, seeds, served with your choice of house-made tahini garlic dressing or green goddess dressing, comes with warm focaccia bread

SOUP & SALAD

20

Soup and salad with your choice of tahini garlic dressing, green goddess dressing, comes with warm focaccia bread

BOWLS

THE RICE BOWL

19

House-made candied teriyaki tofu, seasonal greens, purple cabbage, cucumber, grated carrots, beets, seeds, sunflower sprouts, served with house-made tahini garlic dressing and your choice of warm brown rice or quinoa

THE SUSHI BOWL

23

Wild smoked salmon, house-made candied teriyaki tofu, toasted nori, seasonal greens, avocado mash, grated carrots, cucumber, sesame seeds, green onions, your choice of warm brown rice or quinoa

SMOOTHIES

9

Choose two fruits; banana, mango, strawberry, blueberry, spinach

Add Boosters

2

Macca, pine pollen, hemp parts, spirulina, ginseng or bee pollen

.....
Gluten free available, just ask.

COCKTAILS

CAESAR \$10.25 1 oz. / \$13.75 2 oz.

CANNED COCKTAILS \$9.50 355 ml

BAILEYS \$4.00 1 oz. / \$6.50 2 oz.

BEER \$8.25 355 ml