Close Standay VM is TW CURRENT 23 Kenneh Steet Duncen CLOSE Sunday VM is TW CURRENT DIRER ONLINE winkundinestitismund SOUPS - comes with toasted focacia Utter in each tigen system BOWI \$11:50 Coreany Fire Roasted Tomato served daily & soups of the moment - check in daily! CUP \$4650 Coreany Fire Roasted Tomato served daily & soups of the moment - check in daily! CUP \$4650 Coreany Fire Roasted Tomato served daily & soups of the moment - check in daily! CUP \$4650 Coreany Fire Roasted Tomato served daily & soups of the moment - check in daily! CUP \$4650 Coreany Fire Roasted Tomato served daily & soups of the moment - check in daily! CUP \$4650 Coreany Fire Roasted Tomato served daily & soups of the moment - check in daily! CUP \$4650 Coreany Fire Roasted Tomato served daily & soups of the moment - check in daily! CUP \$4650 Coreany Fire Roasted Tomato served daily & soups of the moment - check in daily! CUP \$4600 Coreany Fire Roasted Tomato served daily & soups of the moment - check in daily! CUP \$4600 All alads, except the coleslaw, come with your choice of house made tegring: sole daily fire free Tof - Check Balanic, All All \$400 OMNIVORE PANINI (MEATS) FIRE VALUE S1500 PUILED PORK \$1450 S1500 </th <th>OPEN Manday to Eriday 0 AM to E PM</th> <th>1 (250) 737-3933</th>	OPEN Manday to Eriday 0 AM to E PM	1 (250) 737-3933	
CLOSED - Sunday & most holidays URBANE FOREST ORDER ONLINE www.ubanforestitienc.or SOUTS - comes with toasted focaccia "Gale Array Fire Roasted Tomato served daily & soups of the moment ~ check in daily! CUP \$6.50 Creamy Fire Roasted Tomato served daily & soups of the moment ~ check in daily! CUP \$6.50 BIG SALADS ColeSLAW - thinly sliced organic green & purple cabbage, ime vinaigrette dressing FANCY SALAD \$15.50 Carrots & granny smith apple tossed in our in-house ginger fire winaigrette dressing "add Olangan's tappy day's goat cheese +\$2.00 "add Olangan's tappy day's goat cheese +\$2.00 All salads, except the coleslaw, come with your choice of house made dressings: balsamic, avocado, ginger-lime or organic extra virgin olive oil "add Olangan's tappy day's goat cheese +\$2.00 All of our panin's are grilled on your choice of True Grain Focaccia, little Northern Bakehouse gluten free bread OR our house made focaccia [keto, vegan, and gluten free) Marinated ports S1450 OMNIVORE PANINI (MEATS) KPBIVORE PANINI(PLANTS) HERBIVORE PANINI(PLANTS) S1450 Slow coaked pulled brak tossed in our house made garilic aioli vegan cheese with garic in our house-made metry vegan cheese with garic in our house-made withy and roatio trans and garing rougan cheese spread, organic greens, & tomato slices S1450 Slow coaked pulled brak topped with rung noise-made with rung house-made with metry head	OPEN ~ Monday to Friday 9 AM to 5 PM & Saturday 9 AM - 3 PM		
SOUPS ~ comes with toasted focaccia Table Tee Massed BOWL \$11.50 Creamy Fire Roasted Tomato served daily & soups of the moment – check in dailyt CUP \$65.50 CupTLF SALADS \$6.50 UIC SALADS ColeSLAW - thinly sliced organic green & purple cabbage, FANCY SALAD \$1550 \$1550 ColeSLAW - thinly sliced organic greens, topped with julience organic greens, & granny snith apple tossed in our in-house ginger Mixed organic greens topped with angle spiced nuts *add Pulled Pork -Beef Brider - Puled Charce Thigh ~ Tofu ~ Portsbeek = \$4.00 All salads, except the coleslaw, come with your choice of house made dressings: balsamic, avocado, ginger-lime or organic extra virgin olive oil #add Nengani here bread OR our house made focaccia (keto, vegan, and gluten free) #HERBIVORE PANINI(PLANTS) PULLED PORK \$14.50 ROASTTOFU \$14.50 Slow cooked pulled pork tossed in our house made bouse-made chipotte aiol Yegan cheese with ganic oil Yegan cheese, gread, organic greens, \$loced tofu, caramelized onion, and organic arugula topped with our house-made melty vegan cheese with ganic oil \$15.50 Slow cooked pulled brisket topped with our instrom thouse made or smoked BC Gouda with grainy mustard and our arugula and your choice of Lttle Qualicum blue cheesis arugula, and house made evegan mokza cheese with or smoked BC Gouda, and bacon wated bacon +\$1.50 SISKET SPICED MUSHRGDM \$15.00 Shredded	CLOSED Sunday & most halidaya	OPDER ONLINE was when for each inter as	
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ColeSLAW - thinly sliced organic green & purple cabbage, Corrots & granny smith apple tossed in our in-house ginger line vinaigrette dressing upROTED - organic greens, topped with juliene organic acrots & beets, sprinkled with maple spiced nuts FANCY SALAD \$1550 All salads, except the coleslaw, come with your choice of house made dressings: balsamic, avocado, ginger-line or organic acrots & beets, sprinkled with maple spiced nuts *add Waled pork - Beef Brisker - Pulded Otken Thigh - Tofu ~ Portballe + \$4.00 All salads, except the coleslaw, come with your choice of house made dressings: balsamic, avocado, ginger-line or organic acrots & beets, sprinkled with maple spiced nuts *Badd Nanagaris happy days goat cheese + \$2.00 All of our panin's are grilled on your choice of True Grain Focaccia, Little Northem Bakehouse gluten free bread OR our house made focaccia (keto, vegan, and gluten free) MERBIVORE PANINI(PLANTS) PULLED PORK \$1450 Thinly sliced roasted tofu, caramelized onion, and BBQ sauce, topped with our ginger-line coleslaw with house-made garlic aioli Thinly sliced roasted tofu, smashed avocado, vegan cheese with garlic oil OFNIVERTY SLT \$1500 TOFU ETTUCE ETOMATO \$1500 Slow cooked pulled brisket topped with organic arugula and your choice of Little Qualicum blue cheeses oread, organic greens, & tomato slices REST BRISKET \$1500 Slow cooked garlic aioli Marinated portobello mushroom, tomato, organic arugula and your choice of Guulaicum blue theses spread, organic arugula and your choice of Slouson with or house-made BBQ sauce & house-made	Creamy Fire Roasted Tomato served daily & soups of	the moment ~ check in daily! OUP \$6.50	
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Slow cooked pulled pork tossed in our house made BBQ sauce, topped with our ginger-line coleslaw with our house-made chipotle aioli Thinly sliced roasted tofu, caramelized onion, and organic arugula topped with our house-made melty vegan cheese with garlic oil PORK BELLY "B L T" \$15.00 Thick cut pork belly, organic greens, sliced tomato with house-made garlic aioli TOFU LETTUCE & TOMATO \$15.00 BEEF BRISKET \$15.50 Marinated roasted tofu, smashed avocado, vegan cheese spread, organic greens, & tomato slices BEEF BRISKET \$15.50 Slow cooked pulled brisket topped with organic arugula and your choice of Little Qualicum blue cheese or smoked BC Gouda with grainy mustard and our house-made garlic aioli Marinated portobello mushroom topped organic greens, & smashed avocado with house made vegan cheese spread \$15.00 CHICKEN & HERBS \$14.50 Stoon house-made bBQ sauce & house-made grainy mustard \$15.00 GRILLED CHEESE \$12.00 Marinated portobello mushroom, tomato, organic greens, & smashed avocado with house made vegan covered in olive wood smoked BC Gouda, and bacon fouse-made ketchup - all cheese option available instead of bacon house-made ketchup \$12.50 SMASHED AVOCADO \$12.50 Smashed avocado on organic leafy greens, topped with hemp hearts, grape tomatoes, and balsamic drizzle *add Okanagan's happy day's goat cheese +\$2.00 \$30.00 *eceam Brownie DESSERTS \$700 House	Omnivore panini (meats)	HERBIVORE PANINI(PLANTS)	
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PORK BELLY "B L T" \$15.00 TOFU IETTUCE & TOMATO \$15.00 Thick cut pork belly, organic greens, sliced tomato with house-made garlic aioli Marinated roasted tofu, smashed avocado, vegan cheese spread, organic greens, & tomato slices BEEF BRISKET \$15.00 Slow cooked pulled brisket topped with organic arugula and your choice of Little Qualicum blue cheese or smoked BC Gouda with grainy mustard and our house-made garlic aioli Marinated portobello mushroom topped organic arugula, and house made vegan mokzza cheese with our house-made BBQ sauce & house-made grainy mustard CHICKEN & HERBS \$14.50 Shredded chicken thighs, aged BC cheddar, tomato and organic greens with our house-made chipotle aioli ~ add bacon +\$1.50 TALIAN HERBD MUSHRODM \$15.00 QRILLED CHESE \$12.00 Aged BC cheddar, smoked BC Gouda, and bacon covered in olive wood smoked olive oil and a side of house-made ketchup ~ all cheese option available instead of bacon VEGAN QRILLED CHESE \$12.00 SMASHED AVOCADO \$12.50 Smashed avocado on grilled True Grain focaccia, topped with hemp hearts, grape tomatoes, and balsamic drizzle \$MASHED AVOCADO \$12.50 SMASHED AVOCADO \$12.50 Kad Okanagan's happy day's goat cheese +\$2.00 Smashed avocado on organic leafy greens, topped with hemp hearts, grape tomatoes, and balsamic drizzle \$200 House made dainy free ice cream (coconut and cashew), on a decadent chocolate f	BBQ sauce, topped with our ginger-lime coleslaw wi	h organic arugula topped with our house-made melty	
Thick cut pork belly, organic greens, sliced tomato with house-made garlic aioli Marinated roasted tofu, smashed avocado, vegan cheese spread, organic greens, & tomato slices BEFF BRISKET \$15,50 Slow cooked pulled brisket topped with organic arugula and your choice of Little Qualicum blue cheese or smoked BC Gouda with grainy mustard and our house-made garlic aioli Marinated portobello mushroom topped organic arugula, and house made vegan mokzza cheese with our house-made garlic aioli CHICKEN & HERBS \$14,50 Shredded chicken thighs, aged BC cheddar, tomato, and organic greens with our house-made chipotle aioli TTALIAN HERBED MUSHROOM \$15.00 Aged BC cheddar, smoked BC Gouda, and bacon covered in olive wood smoked olive oil and a side of house-made ketchup - all cheese option available instead of bacon YEGAN GRILLED CHEESE \$12.00 SMASHED AVOCADO \$12.50 SMASHED AVOCADO \$12.50 SMASHED AVOCADO \$12.50 Smashed avocado on organic leafy greens, topped with hemp hearts, grape tomatoes, and balsamic drizzle *add Okanagan's happy day's goat cheese +\$2.00 \$200 *add Okanagan's happy day's goat cheese +\$2.00 DESSERTS \$700 House made dairy free ice cream (coconut and cashew), on a decadent chocolate fudge brownie cup made from scratch, filled with ganache and garnished with a sprig of mint. *vegan & \$100 Applit banana filled with house made dairy free ice cream (coconut & cashew), with decadent brownie bits made from scratch, \$1000 </td <td></td> <td>vegan cheese with garlic oil</td>		vegan cheese with garlic oil	
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A split banana filled with house made dairy free ice cream (coconut & cashew), with decadent brownie bits made from scratch,			
	topped with fresh fruit and a drizzle of dark chocolate ganac	ne. *vegan & gluten free	

BREAKFAST MENU Available daily until 11:30 am Serving fresh eggs from Lockwood Farm, all of our breakfast sandwiches are toasted with your choice of: Portofino Sourdough, Little Northern Bakehouse gluten free bread OR our house made focaccia (keto, vegan, and gluten free) AND your choice of scrambled or poached egg HEARTY BREAKFAST SANDWICH \$11.00 BREAKFAST SMASHED AVOCADO \$12.50 Egg, smoked BC Gouda, thick cut pork belly, & organic Smashed avocado on grilled True Grain focaccia, arugula layered on your choice of bread with chipotle aioli topped with hemp hearts, grape tomatoes, & balsamic BREAKFAST BELT \$11.00 Egg, bacon, organic greens, tomato layered on your choice of bread with garlic aioli \$10.50 VEGETARIAN BREAKFAST SANDWICH \$10.50 Egg, marinated tofu, smoked BC Gouda, organic greens, tomato layered on your choice of bread with garlic aioli BREAKFAST SMASHED AVOCADO \$12.50 Egg, marinated tofu, smoked BC Gouda, organic greens, tomato layered on your choice of bread with garlic aioli BREAKFAST SMASHED AVOCADO \$ALAD \$12.50 Egg, marinated tofu, smoked BC Gouda, organic greens, tomato layered on your choice of bread with garlic aioli BREAKFAST SMASHED AVOCADO \$ALAD \$12.50 VEC ANI REFAKEAST SANDWICH \$0.50 *add Okanagan's happy day's goat cheese +\$2.00			
VECAN DREAKPAST SANDWICH \$9.50 Marinated tofu, avocado, organic arugula layered on your *add a poached egg +\$2.00 choice of bread with vegan cheese spread *add a poached egg +\$2.00			
	DRINK MENU		
HOUSE DRIP COFFEE Monsoon Malabar Medium & Dark Roast This specialty bean from India breaks tradition by washing the beans in monsoon rains for 3-4 months causing them to swell & lose acidity while holding onto a beautiful smokey flavour. LITTLE \$3.25 BIG \$3.75 CRAFT POUR OVER Each cup is carefully hand crafted just for	WESTHOLME TEA BLACK Westcoast Breakfast ~ Earl Grey Masala Chai ~ Mad Hatter HERBAL Minty Nettle ~ Calm Lav ~ Warm Sun Golden Chai ~ Holy Spice ~ Crimson GREEN TEA Gunpowder ~ Roasted Kukicha \$3.75	COLD DRINKS ROSEHIP LEMONADE over ice ~ \$4.75 GINGER BEER sparkling over ice ~ \$5.75 ROOT BEER sparkling over ice ~ \$5.75 APPLE JUICE organic BC apples ~ \$3.75 ORANGE JUICE organic ~ \$3.75 LIMONATA San Pellegrino ~ \$4.25 ARANCIATA ROSSA San Pellegrino ~ \$4.25 SPARKLING WATER San Pellegrino ~ \$3.75	
you from our fine selection of single origin beans sourced from around the world and roasted weekly on the island HOT \$3.75 ICED \$4.25 ALWAYS AVAILABLE MEDIUM ROAST MONSCON MALABAR DARK ROAST MONSCON MALABAR DECAF PERUVIAN DECAF Check in store for our current rotation of beans and let us know your favourites!	SPECIALTY DRINKS *dairy & oat milk options HOT CHOCOLATE ~ \$6.00 Intensely Dark Cacao MASALA CHAI LATTE ~ \$6.00 Rich black tea & spices GOLDEN CHAI LATTE ~ \$6.00 Turmeric root & spices MOCHA ~ \$6.50 Monsoon malabar dark roast coffee combined with our intensely dark cacao MORE COMING SOON!!	BLENDED DRINKSSMOOTHIESREFRESH ~REFRESH ~vater, lime, mint, pink salt, black pepperENERGY ~Silo.00Blueberry OR raspberry OR strawberry OR mixedberry, banana, pomegranate, hemp mylkCARROT ZINGER ~\$10.00Carrot, banana, ginger, cinnamon, hemp milkMYLK~SHAKESCREAMSICLE ~\$10.00mango, orange, hemp mylkPIÑA COLADA ~\$9.50pineapple, banana, coconut mylkCOCOLICIOUS ~\$10.00banana, cacao, hemp mylkMade will all organic ingredients.	