

wild
poppy

BISTRO

breakfast

Choice of multi-seed or white toast
All eggs are free range

Blueberry Smoothie Bowl (v)* \$10

Blueberries, banana, honey vanilla sweetened yogurt, spinach, topped with crunchy granola, fresh fruit.
*Vegan option available.

Eggs & Toast \$6.50

2 eggs any style, toast.

Breakfast Sandwich \$6.50

Toasted English muffin, bacon, tomato, scramble egg, cheddar cheese.

Granola \$7

House made granola served with grass fed honey sweetened vanilla bean yogurt topped with seasonal fresh fruit.

Eggs Any Style \$9.50

2 eggs, bacon or sausage, hash browns, toast.

Incredible Eggs \$12

3 eggs scrambled with spinach, red onion, sundried tomatoes, topped with asiago cheese, served with hash browns, bacon or sausage & toast.

Heuvos Rancheros (v)* \$11.50

Corn tortilla topped with frioles, cheddar, 2 eggs any style, house made salsa & guacamole, served with hash browns.

*Make it vegan by substituting roasted veggies & daiya cheese for eggs & cheddar cheese.

Today's Scramble \$12

Ask your server for todays special, served with hash browns, bacon or sausage & toast.

Breakfast Grilled Cheese aka "The Benjamin" \$12

2 slices of vanilla pound cake filled with brie cheese, red onion jam, grilled in a rosemary compound butter, served with bacon.

French Toast \$11

Warmed plum & brandy spiced preserve, cream cheese, bacon or sausage.

Apple Pie Oatmeal \$7

Gluten free rolled oats, diced apple, flax & hemp seeds, toasted pecans, cinnamon & ginger, almond milk.

Sides

Bacon	\$3.50
Sausage	\$3.50
Sliced Tomatoes	\$2
Cup of Fruit	\$3.5
Hash Browns	\$3.50
Toast & Jam	\$3
Extra Egg	\$2

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PROUDLY SERVING LOCAL INGREDIENTS FROM THE FOLLOWING
PRODUCERS: **PEAKS COFFEE** | **WESTHOLME TEA**
FARMSHIP CO-OPERATIVE VEGETABLES | **ABUELOS FOODS**
FARMER BEN'S EGGS | **TREE ISLAND YOGURT** | **HERTEL MEATS**
PHILLIPS SODA WORKS | **FOODY BIZ SPROUTS** | **OLD FARM MARKET**
COMMUNITY FARM STORE | **HALTWHISTLE CHEESE COMPANY**
TOFINO KOMBUCHA

Peaks Coffee -Cowichan Valley

Coffee	\$2
Mocha	\$4.50
Espresso	\$2.50
Chai Latte	\$4
Americano	\$3
London Fog	\$4.50
Latte	\$4
Hot Chocolate	\$2.50
Cappuccino	\$4

Skim, 2%, almond milk, soy milk, coconut milk.

Vanilla, caramel, hazelnut, peppermint,
pumpkin spice, toffee nut **\$.50/shot**

Keto Coffee \$5.50

Fresh brewed coffee, MCT oil, grass fed unsalted butter.

Keto Tea \$5.50

Peppermint tea, coco butter, hemp hearts, MCT oil.

Westholme Tea Farm NORTH COWICHAN \$2

Assam Breakfast | Mysteaque | Chunmee
Classic Earl Grey | Rooibos Chai | Jasmine
Black Lavender | Minty Nettle | Sencha-China
Masala Chai | Peppermint | Chamomile
Lemon Ginger

Phillips Soda Works VICTORIA \$3.50

Ginger Ale | Craft Cola | Root Beer

Assorted Juices \$2

Apple | Orange | Cranberry

Good Drink Ice Tea \$3.50

Lemon | Mango Hibiscus & Vanilla
Green Tea Honey & Lemon

Tofino Kombucha \$4.75

Perrier \$2.50