

wild poppy

BISTRO

soups salads

Two soups made daily, check the board or ask your server for details.

Choice of dressings: Poppy Vinaigrette, Creamy Dill, Hollyhock Nutritional Yeast Dressing.

Today's Soup Cup **\$4.50** Bowl **\$6**

Served with a roll.

House Salad Side **\$5** Full **\$9**

Fresh greens, shredded beets, red cabbage, carrots, bell peppers, cucumber, toasted seeds.

Soup & Salad **\$9**

A cup of soup paired with a side house salad and a roll.

Roasted Beet Salad (VG) **\$12.50**

Fresh greens, roasted beets, goat cheese, roasted hazelnuts, maple balsamic vinaigrette, served with a cup of soup and a roll.

Grilled Romaine Salad (NF) **\$13**

Grilled romaine hearts, balsamic and red onion caramel, crispy bacon, garlic & parmesan dressing.

Buddha Bowl (VG) (V) (DF) (NF) **\$13.50**

Fresh greens, roasted yams & beets, chickpea & date masala, quinoa, toasted seeds, cherry tomatoes, broccoli sprouts, Hollyhock nutritional yeast dressing.

Add: goat cheese **\$3** grilled free run chicken **\$5**
grilled wild caught salmon **\$6** bacon **\$3.50**

sandwiches

All sandwiches served on either multi-seed or white bread.

Grilled Pastrami Sandwich (NF) **\$14**

Pastrami, caraway sauerkraut, swiss cheese, Russian dressing, served with house salad or a cup of soup.

Thai Chicken Wrap (DF) **\$14**

Kaffair & tamari marinated chicken breast, Thai almond sauce, carrot & red pepper ribbons, lettuce, rice tortilla, served with house salad or a cup of soup.

Pulled Pork Grilled Cheese (NF) **\$13.50**

Slow cooked pulled pork, house made BBQ sauce, aged cheddar, coleslaw, served with house salad or a cup of soup.

Turkey Club (DF) **\$14**

House roasted free run turkey, double smoked bacon, cranberry hazelnut compote, mayo, crisp greens, served with house salad or a cup of soup.

The Poppy Burger (NF) **\$15**

5oz grass fed beef patty, local cheddar, kombucha pickled onions, lettuce, tomato, grainy mustard aioli, house made bun, served with house salad or a cup of soup.

Vegan Falafel Wrap (VG) (V) (DF) (NF) **\$14.50**

House made falafels, tahini sauce, cherry tomato, cucumber & mint salsa, lettuce, rolled in a tortilla, served with house salad or a cup of soup.

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entrees

Today's Quiche **\$12.50**

House made quiche baked in a potato crust, served with house salad or a cup of soup.

Fish Tacos **\$15**

Grilled wild caught salmon, fresh fruit salsa, cabbage slaw, chipotle aioli, soft corn tortillas, served with house salad.

Shrimp & Cod Cakes **\$15**

Pan seared shrimp and cod cakes, sweet mustard aioli, served with a fresh baked roll & house salad.

Duck Fried Rice **\$14.75**

Duck confit, tamari seasoned fried rice, local braised greens, sunny side up egg, kimchi.

Heuvos Rancheros **\$13**

Corn tortilla topped with frijoles, cheddar, 2 eggs over easy, house made salsa & guacamole, served with house salad.

(VG) Vegetarian (V) Vegan (DF) Dairy-Free (NF) Nut-Free

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**