

wild
poppy

BISTRO

breakfast

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

Blueberry Smoothie (v)* \$6

Blueberries, banana, fresh spinach, hemp hearts, grass fed vanilla bean yogurt.

*Make it vegan by substituting a mylk alternative.

Eggs & Toast \$6.50

2 eggs any style, toast.

Breakfast Sandwich \$6.75

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 \$10

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

Sweet Potato Hash \$13

Mexican roasted yams, cauliflower, bell peppers, apple chicken sausage, fresh spinach, 2 poached eggs, pickled onions, tahini sauce.

*make it vegan by substituting smoked tofu

Incredible Eggs \$12.50

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

Heuvos Rancheros (v)* \$12.25

Corn tortilla topped with frijoles, 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 \$12.50

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

French Toast \$11.50

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

Apple Pie Oatmeal (v) \$7

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

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
Guacamole	\$1

(v) Vegan



Whole30 Approved represents a nutrient rich & whole foods dish excluding the use of sugar, dairy, legumes and grains.

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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

Drip Coffee	\$2.35
Espresso	\$2.50
Americano	\$3
Cappuccino	\$4.50
Latte	\$4.50
Mocha	\$4.75
Chai Latte	\$4.50
London Fog	\$5
Hot Chocolate	\$3.50

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

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

Keto Coffee \$5

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

Keto Tea \$5

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

Westholme Tea Farm NORTH COWICHAN **\$3**

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 **\$4**

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**