

wild  
poppy

BISTRO

## soups salads

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

**Today's Soup** Cup \$4.50 Bowl \$6.50

Served with a roll.

**House Salad**   Side \$5.25 Full \$9.25

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

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

**Soup & Salad** \$9.75

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

**Roasted Beet Salad**  \$13

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

**Fajita Steak Salad**     \$15.50

Grilled skirt steak, fresh greens, cherry tomatoes, bell peppers, pickled onions, avocado mash, lime & cumin vinaigrette.

**Buddha Bowl**     \$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 \$4  
Grilled Wild Caught Salmon \$5 Bacon \$3.50 Kimchi \$1

## sandwiches

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

**Grilled Pastrami Sandwich**  \$14.25

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

**Pulled Pork Grilled Cheese**  \$13.75

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

**Turkey Club**  \$14.25

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

**Bacon Cheese Burger**  \$15.50

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

**Vegan Falafel Wrap**     \$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.

**Thai Chicken Wrap**  \$14.25

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

 Vegetarian  Vegan  Dairy-Free  Nut-Free

 Keto  Whole30 Approved



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

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## entrees

### Today's Quiche

\$13

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

### Fish Tacos DF NF

\$15

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

### Shrimp & Cod Cakes DF NF

\$15.50

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

### Curried Chicken W30 K \* DF NF

\$15

Free run chicken breast in house made coconut curry, basmati rice, cabbage slaw, beet chutney.

\*For a keto or whole30 option omit the rice and add more slaw.

### Sweet Potato Hash W30 V \*

\$13

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

\*Make it vegan by substituting smoked tofu.

### Heuvos Rancheros VG NF

\$13.50

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

K Keto W30 Whole30 Approved

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**