

Lunch Menu

All our recipes are crafted using organic, traceable ingredients. Our soups, sauces, stews, chutneys are made from raw whole food ingredients, incorporating herbs and spices, that are beneficial to your health. The meats and dairy we source are from animals raised free range in their natural environment, organic, free from antibiotics, hormones, and genetically modified organisms. **Vegan, Gluten Free, Dairy Free**

Organic Starters

Fresh bread 5.5

choice of fresh baked sourdough or sprouted grain bread with side of olive oil and balsamic vinegar reduction **V**

Mushroom Bisque 12

cremini mushrooms, coconut cream, truffle oil **V, GF**

Tapas Trio 16

house-made focaccia, hummus, kalamata olive tapenade, pesto Genovese substitute the pesto for a green olive tapenade to be considered vegan

Smoked Salmon 20

BC sockeye salmon smoked and cured in house, egg, red onion, dill seasoned aioli, sprouted grain bread

Organic Salads*

Beet Carpaccio with Arugula 16

lemon zest, shredded horseradish, chives, pumpkin seed oil & apple cider vinaigrette **V, GF**

Green Garden 13

arugula, romaine, watermelon radish, cucumber, shredded carrot, apple cider & Dijon vinaigrette **V, GF**

Caesar Salad 15

romaine, roasted garlic, parmesan crisp, lemon zest, egg free green Caesar dressing **GF**

Back to the Roots 14

celery root, cabbage, carrot, caraway, pumpkin seed oil & apple cider vinaigrette **V, GF**

*Choice of Organic Add-on Protein

Chicken Schnitzel 13

Smoked BC sockeye salmon 12

smoked and cured in house

***Butcher's Steak 5oz 15**

*ask server for beef cut special

Organic Pizzas

Florida Margherita 20

house-made pesto, tomato, fresh mozzarella, fresh basil

Pepperoni 22

tomato sauce, shredded mozzarella, peperoni, mushrooms, chili flakes, balsamic reduction, fresh basil

Vegan 20

tomato sauce, garlic, roasted red pepper, tomato, red onion, black olive, oregano, fresh basil, cashew cheese **V**

Kids Special 15

tomato sauce, shredded mozzarella

Organic Main Courses

Elfriede's Famous Chicken Schnitzel 23

free-range chicken, celery puree, pickles, lemon turmeric sauce

Sliced Roast Beef w/ Au Jus 24

slow roasted, grass-fed and free-range beef in jus, potato parmesan rösti, focaccia, old fashioned mustard

The Frank Burger 22

grass-fed, free-range seasoned beef burger, caramelized onions, celery root puree, sprouted whole grain bun, ketchup, old fashioned mustard

Chicken Curry 22

free-range chicken, aromatic spices, basmati rice, green peas, mango chutney sauce **GF, DF**

Mushroom Risotto 22

cremini mushrooms, arborio rice, coconut cream, truffle oil **GF, V**

Organic Pastas

Handmade Spinach Ricotta Ravioli 20

pomodoro sauce, grated parmesan

Spaghettoni Pomodoro 18

pomodoro sauce, garlic, oregano, basil **V**

Handmade Gnocchi 24

parmesan cream sauce, sauteed mushrooms, sun dried tomatoes, green peas, truffle oil

*Choice of Organic Add-on Protein

Chicken Schnitzel 13, BC Smoked Sockeye Salmon 12, Butcher's Steak 5oz 15

Gluten free penne is available please ask your server.