

Breakfast

All day - till 3pm Thurs - Sat



Tree House Breakfast \$11.95 *

Two free range eggs (sunny, scrambled, over or basted) served with home fries, seed toast and choice of bacon, maple sausage or warm spiced beans.

Forester's Breakfast \$14.50 *

Three free range eggs (sunny, scrambled, over or basted) served with bacon, sausage, home fries and seed toast.

Scrambled Eggs and Cheese \$10.25 *

Two free range eggs scrambled with jack & cheddar cheese served with home fries and seed toast.

Tofu Scramble \$13.75 ☪

Local organic Soya Nova tofu scrambled with spinach, tomatoes, jalapeños, cilantro, green onions and monterey jack & cheddar cheese. Served with warm spiced beans, home fries, corn tortillas and homemade salsa.

Eggs and Toast \$7.95 *

Two free range eggs (sunny, scrambled, over or basted) served with two slices of seed toast.

Our bread is baked fresh daily by Embe Bakery

☪ Gluten Free

* Substitute gluten free toast for \$1.25

Sides

- 2 free range eggs \$3.95
- 3 slices bacon \$3.95
- 2 maple sausages \$3.95
- Home fries \$2.95
- Sautéed mushrooms \$2.25
- Warm spiced beans \$3.25
- 2 slices seed toast \$3.50
- 2 slices gluten free toast \$4.50

Breakfast Burrito \$12.75

Two free range scrambled eggs, warm spiced beans, monterey jack & cheddar cheese in a whole wheat tortilla with choice of mesa red sauce or salsa verde. Served with home fries, sour cream and homemade salsa.

Huevos Rancheros \$12.75 ☪

Two sunny free range eggs baked with jalapeños, cilantro, green onions and monterey jack & cheddar cheese on corn tortillas with choice of mesa red sauce or salsa verde. Served with warm spiced beans, home fries, and homemade salsa.

Mexi Scramble \$12.75 ☪

Two free range eggs scrambled with jalapeños, cilantro, green onions and monterey jack & cheddar cheese. Served with warm spiced beans, home fries, corn tortillas and homemade salsa.

Granola with Yogurt and Berries \$7.95

Classic Tree House granola served with toasted pumpkin seeds, berries and yogurt and real maple syrup.

Add

- Guacamole \$1.75
- Jack and cheddar cheese .95
- Avocado \$2.95
- Sour cream .75
- Salsa .50

Please be aware that our kitchen uses peanuts, shellfish and many other delicious ingredients. **Inform your server if you have severe allergies.**

No Substitutions Please

250-537-5379

Lunch & Dinner



Burgers & Sandwiches

Served with house greens
Substitute cup of homemade soup for .75

Tree House Deluxe Burger \$16.50 ☞

Our Tree House beef burger, smothered in sautéed mushrooms, bacon and cheddar cheese, served on a grilled ciabatta bun with mayo, greens, tomato and red onion

Tree House Cheese Burger \$14.95 ☞

Our Tree House beef burger, with cheddar cheese, served on a grilled ciabatta bun with mayo, greens, tomato and red onion

Tree House Club Sandwich \$15.50 *

Toasted french bread loaded with free range chicken breast, bacon, cheddar cheese, greens, mayo and tomato

Tree House Beef Burger \$13.95 ☞

Our Tree House beef burger, served on a grilled ciabatta bun with mayo, greens, tomato and red onion

Tree House Veggie Burger \$13.95

Our homemade veggie burger, with cheddar cheese served on a grilled ciabatta bun with mayo, greens, alfalfa sprouts, tomato and red onion

Cranberry Chicken Sandwich \$15.50 ☞

Roasted free range chicken breast on a grilled ciabatta bun, smothered in homemade cranberry chutney, with cream cheese, greens, mayo, tomato and red onion

Classic BLT \$13.95 *

Greens, tomato and lots of bacon with mayo on lightly toasted french bread

Our beef is from 63 Acres Beef and is raised free range in southern BC, steroid and hormone free

Bowls

Thai Green Curry ☞

Spicy green curry with mushrooms, coconut milk and kaffir lime leaves, topped with cilantro and lime. Served with jasmine rice

Free range Chicken \$15.50

Local organic Tofu \$14.50

Soup of the Day

\$6.95

Warm up with our yummy homemade vegetarian soup Served with french bread.
(Sub gluten free bread for \$1.25)

☞ Gluten Free

* Substitute gluten free bread for GF (\$1.75)

☞ Substitute gluten free bun for GF (\$1.95)

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Mexicanada

Served with house greens
Substitute cup of homemade soup for .75

Roasted Yam Quesadilla \$14.50 ☺

Roasted yams, cilantro, toasted pumpkin seeds and jack and cheddar cheese, grilled in a whole wheat tortilla with choice of mesa red sauce or salsa verde.
Served with sour cream and homemade salsa.

Chicken Quesadilla \$15.50 ☺

Roasted free range chicken, spinach and jack and cheddar cheese, grilled in a whole wheat tortilla with choice of mesa red sauce or salsa verde. Served with sour cream and homemade salsa.

Chips and Salsa \$5.50 ☺

Organic corn chips and our homemade salsa

☺ Sub Corn Tortilla for Gluten Free

Roasted Yam Burrito \$15.50

Roasted yams, spiced beans, cilantro and jack and cheddar cheese, in a whole wheat tortilla with choice of mesa red sauce or salsa verde.
Served with sour cream and homemade salsa.

Chicken Burrito \$15.95

Roasted free range chicken breast, spiced beans, cilantro and jack and cheddar cheese in a whole wheat tortilla with choice of mesa red sauce or salsa verde.
Served with sour cream and homemade salsa.

Chips, Salsa and Guac \$7.50 ☺

Organic corn chips with our homemade salsa and guacamole

Add
Guacamole
\$1.75

Salads

Served with warm naan bread
Substitute gluten free bread for \$1.25

House Greens \$10.95 *

Mixed greens topped with tamari roasted sunflower seeds, alfalfa and mustard sprouts, red onion, tomato and grated carrots.
Served with homemade balsamic vinaigrette.

Thai Peanut Chicken or Tofu and Greens \$14.95 *

Baked local organic Soya Nova tofu or chicken served with our thai peanut sauce on local organic North End Farm mixed greens with tamari roasted sunflower seeds, cucumber, alfalfa and mustard sprouts red onion, tomato and grated carrots.
Served with homemade balsamic vinaigrette.

Add to
your salad

Roasted Chicken \$6.50 ☺
BC raised free range chicken

Avocado \$2.95 ☺

Local Organic
Soya Nova Tofu \$5.50 ☺
Baked with sesame tamari sauce

Sides

Green Salad \$4.95
Warm Spiced Beans \$3.25
Jasmine Rice \$2.95

Warm Naan Bread \$1.25
Sautéed Mushrooms \$2.25
Avocado \$2.95

Guacamole \$1.75
Sour Cream .75
Salsa .50

Drinks



Coffee
2.75
Salt Spring Coffee Co
Organic & fair trade

Tea
2.25

Orange Pekoe
Earl Grey
English Breakfast
Green
Chamomile
Rooibos
Mint
Chai

Hot Drinks

Chai Latte	4.45
Chaider (Chai and apple cider)	4.60
Matcha Latte	4.70
Matcha Americano	3.45
Yerba Mate Latte	4.55
Yerba Mate	3.45
Hot Chocolate	4.20
Steamer	3.50
London Fog	3.85
Misto	3.50
Teddy Bear	3.25
Hot Apple Cider	3.70

Cold Drinks

Italian Soda	2.75
Italian Cream Soda	2.95
Yerba Mate - Lemon or Mint	3.50
Snapple Lemon Iced Tea	2.75
Aranciata	2.75
Cranberry and Soda	2.75
Apple Juice	2.50
Happy Planet Orange Juice	3.75
Shirley Temple	2.50
Iced Chai	4.45
Bottled Water	1.75
San Pellegrino (500ml)	2.95
Pop	1.95
(Coke, Diet Coke, Root Beer Ginger Ale, Sprite, Club Soda)	



Espresso Drinks

All of our espresso drinks are made with a double shot

Espresso	2.90
Americano	2.90
Espresso Macchiato	3.15
Cappuccino	3.95
Latte	4.55
Mocha	4.95
Americano Misto	3.70
Iced Latte	4.55
Iced Mocha	4.95

Additions and Substitutions

Extra espresso shot	.80
Flavoured syrup	.60
Chocolate sauce	.50
Add whipped cream	.50
Sub soy or almond milk	.80

Syrup Flavours

Caramel, Hazelnut,
Vanilla, Cane Syrup,
Peppermint, Cherry,
Lemon, Orange,
Raspberry,
Sugar-free Vanilla



Alcoholic Beverages

Beer and Cider

Draft Beer

Phillips Blue Buck
(Victoria)

Pint \$5.95 Glass \$4.75

Red Arrow Lager
(Duncan)

Pint \$5.95 Glass \$4.75

Cider on Tap

Lone Tree Authentic Dry Cider
(Okanagan)

Pint \$6.95 Glass \$5.50

Bottled Beer and Cider

Hop Circle IPA \$5.95

Pilsner Urquell \$6.25

Beck's Non Alcoholic \$3.75

Salt Spring Golden Ale 650ml \$9.50

Salt Spring Wild Cider 750ml \$22
Local and organic

Cocktails

Spicy Caesar \$6.95

Vodka, clamato, tabasco, and worcestershire over ice, served with lime and a skewer of olives and pickled beans

Dublin Delight \$7.50

Jameson Irish whiskey served on the rocks with cranberry juice, ginger ale and a lime

Mimosas \$8.95

A choice of grapefruit or orange juice, served with a personal size 6oz bottle of Freixenet Cordon Negro Brut

Hi-Balls \$6.50

Vodka, Rum, Gin, Rye, Brandy, or Tequila with Coke, Diet Coke, Ginger Ale, Sprite, Tonic, Club Soda, Cranberry or OJ.
Served short or tall

Glenfiddich Single malt Scotch \$6.50

Jameson Irish Whiskey \$6.50

Hot Drinks

\$7.50

Polar Bear Hot Chocolate

Peppermint schnapps, Creme de Cacao and organic Camino chocolate syrup topped with steamed milk and whipped cream

Blueberry Tea

Grand Marnier and Amaretto served with a pot of Orange Pekoe tea and a cinnamon stick

Coffee with Liqueur

Salt Spring Coffee Co. organic coffee with a choice of Kahlua, Bailey's, Grand Marnier, Brandy, Amaretto, or Frangelico, topped with whipped cream



Reds

Black Cellar - Shiraz/Cabernet (Canada)

Glass \$6.25 1/2 litre \$15.95

Finca Los Primos - Malbec (Argentina)

Bottle \$26

Garry Oaks - Pinot Noir (Salt Spring Island)

Bottle \$41

J Lohr - Cabernet Sauvignon (California)

Bottle \$43

Whites

Black Box - Pinot Grigio (Canada)

Glass \$6.50 1/2 litre \$16.50

Salt Spring Vineyards - Aromata (Salt Spring Island)

Bottle \$30

The Ned - Sauvignon Blanc (New Zealand)

Bottle \$34

Garry Oaks - Pinot Gris (Salt Spring Island)

Bottle \$40

Freixenet Cordon Negro Brut

Personal sized 6 oz Bottle \$8.25



Desserts

Feature Dessert	6.95
Organic Gluten Free Brownie 🌿	3.75
Peanut Butter Square	3.25
Date Square	3.25
Granola Cookie	2.95
Ginger Crackle Cookie	2.50
Chocolate Salty Cookie	2.50

🌿 gluten free

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