

# Breakfast



## **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, 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



## Appetizers

### Hummus \$9.95 \*

Chickpeas and tahini blended together with exotic spices, served with warm naan bread

### Chips and Salsa \$5.50 ☞

Organic corn chips and our homemade salsa

### Tzatziki \$9.95 \*

Greek style yogurt blended with cucumbers, lemon, garlic and dill. Served with warm naan bread

### Chips, Salsa and Guac \$7.50 ☞

Organic corn chips with our homemade salsa and guacamole

## Sandwiches

Served with your choice of kaleslaw, greens or caesar salad

### Tree House Club Sandwich \$15.50 \*

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

### Classic BLT \$13.95 \*

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

### 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

### Salmon Sandwich \$17.50 ☞ (2)

Grilled 6oz BC Sockeye salmon fillet served on grilled ciabatta bun with jalapeño honey-lime kaleslaw, tomato, smoked paprika aioli and pickled red onions

### Chicken Souvlaki \$15.95

Marinated free range chicken grilled and wrapped in warm naan bread, with tzatziki, spinach, tomato and red onion

### Lamb Gyro \$16.95

Grilled spiced ground BC lamb on a bed of tzatziki, spinach, tomato and red onion, wrapped in warm naan bread

### Grilled Halloumi Gyro \$15.95

Marinated halloumi cheese served with tzatziki, spinach, tomato & red onion wrapped in warm naan bread

## Thai Green Curry ☞

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

### Free range Chicken \$15.50

### Local organic Tofu \$14.50

☞ Gluten Free

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

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

(2) Ocean Wise Seafood

# Burgers

Served with your choice of kaleslaw, greens or caesar salad

## Tree House Deluxe Burger \$16.50 ☞

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

## Tree House Beef Burger \$13.95 ☞

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

## Tree House Lamb Burger \$16.95 ☞

Spiced ground BC lamb, served on a grilled ciabatta bun with mayo, cream cheese, greens, tomato and red onion, topped with homemade apricot ginger chutney

## Tree House Veggie Burger \$13.95 ☞

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

## Grilled Portabella Mushroom Sandwich \$13.95 ☞

Marinated portabella mushroom with provolone cheese served on a grilled ciabatta bun with smoked paprika aioli, greens, tomato & red onion

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

☞ Substitute gluten free bun for \$1.95

# Mexicanada

Served with your choice of kaleslaw, greens or caesar salad

## 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.

## 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.

## Seared Tuna Tacos \$16.50 ☞

Seared rare spiced local Albacore tuna loin served on warm corn tortillas with avocado, jalapeño honey-lime kaleslaw, pickled red onions, salsa verde and paprika aioli.

## Skirt Steak Tacos \$15.95 ☞

Salt Spring Island coffee rubbed 63 Acres skirt steak served on warm corn tortillas with avocado, jalapeño honey-lime kaleslaw, pickled red onions, salsa verde and paprika aioli.

## Cochinita Pibil Tacos \$14.95 ☞

BC raised hormone free pork braised in traditional yucatan spices, served on warm corn tortillas with avocado, jalapeño honey-lime kaleslaw, pickled red onions, salsa verde and paprika aioli.

## Roasted Yam Tacos \$14.50 ☞

Ancho roasted yams served on warm corn tortillas with avocado, jalapeño honey-lime kaleslaw, pickled red onions, toasted pumpkin seeds, salsa verde and paprika aioli.

Add  
Guacamole  
\$1.75

# Salads

Served with warm naan bread

## 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.

## Jalapeño Honey-Lime Kaleslaw \$10.95 \*

Shredded kale, cabbage and carrots with green onion, cilantro, pumpkin seeds, pickled onion and avocado.

## House Greens \$10.95 \*

Local organic North End Farm mixed greens topped with tamari roasted sunflower seeds, cucumber, alfalfa and mustard sprouts, red onion, tomato and grated carrots. Served with homemade balsamic vinaigrette.

## Caesar Salad \$11.50

Crisp romaine, homemade roasted garlic dressing, homemade ancho chili croutons, parmesan cheese & lemon.

Add real bacon bits for \$1.50

\* Substitute gluten free bread for \$1.75

## Add to your Salad

### Six ounce BC Sockeye

Salmon Fillet \$9.25 ☪ ☪

Glazed with blackberry-ginger sauce

Salt Spring Goat Cheese \$4.95 ☪

### Roasted Chicken \$6.50 ☪

BC raised free range chicken

Local Organic Soya Nova Tofu \$5.50 ☪

Baked with sesame tamari sauce

Avocado \$2.95 ☪

## Sides

Avocado \$2.95

Guacamole \$1.75

Sour Cream .75

Salsa .50

Green Salad \$4.95

Kaleslaw \$4.95

Caesar Salad \$5.50

Sautéed Mushrooms \$2.25

Warm spiced beans \$3.25

Jasmine Rice \$2.95

Warm Naan Bread \$1.25



☪ Gluten Free

\* Sub GF bread for Gluten Free

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*

# Dinner



## Appetizers

### Muesli Goat Cheese Balls \$13.50 \*

Salt Spring Island Cheese rolled in sliced almonds, citrus, anise, poppy and sesame seeds. Served warm with apricot ginger chutney and warm naan bread.

### Hummus \$9.95 \*

Chickpeas and tahini blended together with exotic spices, served with warm naan bread.

### Chips and Salsa \$5.50 ☞

Organic corn chips and our homemade salsa.

### Bang Bang Shrimp \$15.50 \* ☞

Pan seared ocean wise prawns with chilli-garlic sauce  
Served with avocado & warm naan bread.

### Tzatziki \$9.95 \*

Greek style yogurt blended with cucumbers, lemon, garlic and dill. Served with warm naan bread.

### Chips, Salsa and Guac \$7.50 ☞

Organic corn chips with our homemade salsa and guacamole.

## Salads

Served with warm naan bread

### 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.

### Jalapeño Honey-Lime Kaleslaw \$10.95 \*

Shredded kale, cabbage and carrots with green onion, cilantro, pumpkin seeds, pickled onion and avocado.

### House Greens \$10.95 \*

Local organic North End Farm mixed greens topped with tamari roasted sunflower seeds, cucumber, alfalfa and mustard sprouts, red onion, tomato and grated carrots. Served with homemade balsamic vinaigrette.

### Caesar Salad \$11.50

Crisp romaine, homemade roasted garlic dressing, homemade ancho chili croutons, parmesan cheese & lemon.

Add real bacon bits for \$1.50

\* Substitute gluten free bread for \$1.75

## Add to your Salad

### Six ounce BC Sockeye

### Salmon Fillet \$9.25 ☞ ☞

Glazed with blackberry-ginger sauce

### Grilled Prawns \$7.75 ☞ ☞

Grilled ocean wise prawns

### Roasted Chicken \$6.50 ☞

BC raised free range chicken

### Local Organic Soya Nova Tofu \$5.50 ☞

Baked with sesame tamari sauce

### Salt Spring Goat Cheese \$4.95 ☞

Avocado \$2.95 ☞

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\* Sub GF bread for gluten free

☞ Ocean Wise Seafood

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*No Substitutions Please*

## Burgers and Sandwiches

Served with your choice of kaleslaw, greens or caesar salad

### **Tree House Deluxe Burger \$16.50** ☞

Our famous homemade 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 famous homemade beef burger, with cheddar cheese, served on a grilled ciabatta bun with mayo, greens, tomato and red onion.

### **Tree House Beef Burger \$13.95** ☞

Our famous homemade beef burger, served on a grilled ciabatta bun with mayo, greens, tomato and red onion.

### **Tree House Lamb Burger \$16.95** ☞

Spiced ground BC lamb, served on a grilled ciabatta bun with mayo, cream cheese, greens, tomato and red onion, topped with homemade apricot ginger chutney.

### **Tree House Veggie Burger \$13.95** ☞

Our very own home made veggie burger, with cheddar cheese served on a grilled ciabatta bun with mayo, greens, alfalfa sprouts, tomato and red onion.

### **Salmon Sandwich \$17.50** ☞

Grilled 6oz BC Sockeye salmon fillet served on grilled ciabatta bun with jalapeño honey-lime kaleslaw, tomato, smoked paprika aioli and pickled red onions.

### **Grilled Portabella Mushroom Sandwich \$14.50** ☞

Marinated portabella mushroom with provolone cheese served on a grilled ciabatta bun with smoked paprika aioli, greens, tomato & red onion.

### **Chicken Souvlaki \$15.95**

Marinated free range chicken grilled and wrapped in warm naan bread, with tzatziki, spinach, tomato and red onion.

### **Lamb Gyro \$16.95**

Grilled spiced ground BC lamb on a bed of tzatziki, spinach, tomato and red onion, wrapped in warm naan bread.

### **Grilled Halloumi Gyro \$15.95**

Marinated halloumi cheese served with tzatziki, spinach, tomato & red onion wrapped in warm naan bread.

### **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.

## Sides

Avocado \$2.95  
Guacamole \$1.75  
Sour Cream .75  
Salsa .50

Green Salad \$4.95  
Kaleslaw \$4.95  
Caesar Salad \$5.50

Sautéed Mushrooms \$2.25  
Warm spiced beans \$3.25  
Jasmine Rice \$2.95  
Warm Naan Bread \$1.25

☞ Gluten free

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

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*No Substitutions Please*



## Entrees

### **Wild Sockeye Salmon \$22** ☞ ☞

Grilled BC Sockeye salmon served with grilled seasonal vegetables, jasmine rice & cucumber-chile salsa

Add grilled prawns \$7.75 ☞

### **Coffee Rubbed Skirt Steak \$20** ☞

Shredded braised 63 Acres skirt steak rubbed with Salt Spring coffee & spices served with grilled peppers, beans, rice, corn tortillas, seasonal salsa and your choice of mesa, salsa verde or mole sauce

### **Cochinita Pibil \$18** ☞

Shredded braised BC raised, hormone free pork rubbed with Achiote and traditional Yucatan spices served with grilled peppers, beans, rice, corn tortillas, seasonal salsa and your choice of mesa, salsa verde or mole sauce

### **Roasted Yam and Guacamole \$16** ☞

Oven roasted garnet yams dusted with ancho chile served with our homemade fresh guacamole served with grilled peppers, beans, rice, corn tortillas, seasonal salsa and your choice of mesa, salsa verde or mole sauce

### **Thai Green Curry** ☞

Spicy green curry with mushrooms, coconut milk and kaffir lime leaves, topped with thai basil and lime. Served with jasmine rice and naan bread.

**Ocean wise Prawns \$19.50** ☞

**Free range Chicken \$16.50**

**Local organic Tofu \$15.50**

☞ Gluten Free

☞ Ocean Wise Seafood

# Drinks



## 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

## Coffee

2.75

**Salt Spring Coffee Co.**  
Organic & fair trade

## Hot Drinks

Chai Latte	4.45
Chaider (Chai & organic 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
Teddy Bear	3.25
Hot Organic Apple Cider	3.70

## Additions and Substitutions

Extra espresso shot	.80
Flavoured syrup	.60
Organic 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

## Tea

2.25

Orange Pekoe  
Earl Grey  
English Breakfast  
Green  
Chamomile  
Rooibos  
Mint  
Chai

## Cold Drinks

House Infused Herbal Lemonade	2.95
Home Brewed Unsweetened Iced Tea	2.50
add flavoured syrup	.60
Arnold Palmer	2.95
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
San Pellegrino (500ml)	2.95
Pop	1.95
(Coke, Diet Coke, Root Beer Ginger Ale, Sprite, Club Soda)	

## Blender Specialties

<b>Fruit Smoothie</b> - Made with crushed fruit, no sugar added	5.25
Mixed Berry or Mango, blended with banana and ice	
<b>Green Dragon</b> - Fruit smoothie - Mixed Berry or Mango, enriched with nutritious Greens Plus	5.95
<b>Frapp</b> - Two shots of espresso blended with ice and milk, topped with whipped cream	5.25
<b>Vanilla Frapp</b> - Two shots of espresso blended with vanilla syrup, ice and milk, topped with whipped cream	5.25
<b>Mocha Frapp</b> - Two shots of espresso blended with organic chocolate sauce, ice and milk, topped with whipped cream	5.25
<b>Matcha Frapp</b> - Matcha green tea blended with ice and milk	5.25
<b>Chocolate Monkey</b> - Banana, milk, and ice blended with organic chocolate sauce, topped with whipped cream	5.25
<b>Wired Monkey</b> - Banana, milk and ice blended with organic chocolate sauce and two shots of espresso topped with whipped cream	5.75



# 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

**Corona** \$5.95

**Hop Circle IPA** \$5.95

**Pilsner Urquell** \$6.25

**Beck's Non Alcoholic** \$3.75

### Big Bottles

**Salt Spring Porter 650ml** \$9.50

**Salt Spring Golden Ale 650ml** \$9.50

**Red Arrow Umber Ale 650ml** \$9.00

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

## Cocktails

**Salt Spring Wildflower** \$6.95

Our house made herbal lemonade with a shot of Jagermeister and a twist of citrus

**Dublin Delight** \$7.50

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

**Fresh Mint Mojito** \$6.95

Fresh mint leaves muddled with white rum and lime, topped with ice and soda

**Spiked Arnold Palmer** \$6.95

Vodka, served on the rocks with our house made herbal lemonade and home-brewed iced tea.

**Spicy Caesar** \$6.95

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

**Mimosas** \$8.95

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

**Latte Gone Wild** \$9.95 (double shot)

Ice latte, double espresso shot, kahlua, baileys, vodka, hint of hazelnut, milk & whipped cream.

**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** \$6.95

**Jameson** Irish Whiskey \$6.95

## Blender Drinks

### **Margarita**

Classic lime Margarita with Tequila and Triple Sec. Blended or on the rocks

### **Daiquiri**

Crushed mango juice blended with white rum, ice and a twist of lime

**Single** \$7.50

**Pitcher** \$30  
(5 glasses)

## Special Coffees 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)**

Glass \$7 1/2 litre \$19 Bottle \$26

**Garry Oaks - Pinot Noir (Salt Spring Island)**

Glass \$12 1/2 litre \$31 Bottle \$41

**J Lohr - Cabernet Sauvignon (California)**

Glass \$13 1/2 litre \$32 Bottle \$43

## Whites

**Bota - Pinot Grigio (California)**

Glass \$6.50 1/2 litre \$16.50

**Adobe - Chardonnay (Organic, Chile)**

Glass \$8 1/2 litre \$21 Bottle \$28

**Salt Spring Vineyards - Aromata (Salt Spring Island)**

Glass \$9 1/2 litre \$22 Bottle \$30

**The Ned - Sauvignon Blanc (New Zealand)**

Glass \$10 1/2 litre \$25 Bottle \$34

**Garry Oaks - Pinot Gris (Salt Spring Island)**

Glass \$12 1/2 litre \$30 Bottle \$40

## Rose and Bubbles

**Salt Spring Vineyards - Rose (Salt Spring Island)**

Glass \$9 1/2 litre \$22 Bottle \$30

**Freixenet Cordon Negro Brut (Spain)**

Personal sized 6 oz Bottle \$8.25

Ask your server about our feature wines



## Desserts

Feature Pie (Ask your server)	6.95
Gluten Free Chocolate Torte ☪	6.95
Carrot Cake	6.95
Feature Dessert	6.95
Organic Gluten Free Brownie ☪	3.75
Peanut Butter Square	3.25
Date Square	3.25
Granola Chocolate Chip Cookie	2.95
Ginger Crackle Cookie	2.50
Chocolate Salties	2.50

☪ gluten free

**250-537-5379**