



Take Out Menu

Call 250-537-5379

Breakfast

Served till 11:00am

Breakfast Bun \$11.50

Free range fried egg with melted cheese on a toasted ciabatta with mayo, red onion and tomato.
Choice of bacon, sausage or avocado.

Breakfast Burrito \$16.75

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

Granola with Yogurt and Berries \$9.95 ⑤

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

Burgers & Sandwiches

Served after 11:00am

Served with house greens or caesar salad
Substitute cup of homemade soup for \$1.50

Salmon Sandwich \$22.50 *

Grilled 6oz wild sockeye salmon fillet served on grilled ciabatta bun with greens, tomato, chipotle mayo and pickled red onion

Tree House Club Sandwich \$18.95 *

Free range chicken breast, bacon, cheddar cheese, greens, mayo and tomato on three slices of toasted sour rye bread

Classic BLT \$16.95 *

Greens, tomato and lots of bacon with mayo on toasted sour rye bread

Cranberry Chicken Sandwich \$18.75 *

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

Roasted Yam Quesadilla \$19.95 * ⑤

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

Grilled Halloumi Gyro \$20.25

Marinated halloumi cheese, wrapped in warm naan bread, with tzatziki and fresh chopped tomato and cucumber salad

Tree House Deluxe Burger \$20.95 *

Free range, grass fed BC beef burger, sautéed mushrooms, bacon and cheddar cheese, served on a grilled ciabatta bun with mayo, greens, tomato and red onion

Tree House Cheese Burger \$18.95 *

Free range, grass fed BC beef burger with cheddar cheese, served on a grilled ciabatta bun with mayo, greens, tomato and red onion

Tree House Beef Burger \$17.95 *

Free range, grass fed BC beef burger, served on a grilled ciabatta bun with mayo, greens, tomato and red onion

Veggie Burger \$19.50 ⑤ *

Vegan and gluten free Beyond Meat burger patty, with cheddar cheese, served on a grilled ciabatta bun with mayo, greens, alfalfa sprouts, tomato and red onion

Chicken Souvlaki \$20.25

Marinated chicken breast, wrapped in warm naan bread, with tzatziki and fresh chopped tomato and cucumber salad

Chicken Shawarma \$20.25

Marinated breast, hummus, fresh chopped tomato and cucumber salad, all wrapped up in warm naan bread. Served with a fiery chili paste

Our beef is from 63 Acres Beef and is raised free range in southern BC, steroid and hormone free
Our "Farm-To-Plate" Chicken is free-run & hormone-free and comes from Rosstown Farms in Abbotsford, BC

Our seafood is all Ocean Wise

* Sub Corn Tortilla, gluten free bread (\$1.75) or gluten free bun (\$1.95) for GF

⑤ Ask your server how we can modify your meal to be vegan

Please be aware that our kitchen uses peanuts, shellfish and many other delicious ingredients.

Inform your server if you have any allergies

Ask about our Dinner Features
(available after 5pm)

Salads

Served after 11:00am

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

Thai Peanut Chicken or Tofu & Greens

\$21.95 * ①

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

House Greens \$16.50 * ①

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 \$16.50

Crisp romaine, homemade roasted garlic dressing, homemade croutons, parmesan & lemon
Add real bacon bits for \$1.95

Sub Corn Tortilla for Vegan

**Add to
your Salad**

**Wild Sockeye
Salmon Fillet \$12.95 GF**

Six ounce grilled ocean wise salmon

Grilled Prawns \$8.95 GF

Five grilled ocean wise prawns

Grilled Chicken Breast \$7.95 GF

BC raised free range chicken

Local Organic Soya Nova Tofu \$6.95 GF

Baked with sesame tamari sauce

Avocado \$3.25 GF

Bowls

Served after 11:00am

**Soup of the Day
\$8.95**

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

**Tree House Vegan Chili
\$12.95 ① ②**

Kidney beans, peppers and vegan beef crumbles slow cooked in a piquant southwest tomato base
Topped with cilantro, scallion and lime. Served with a house made, freshly baked cornmeal muffin

Thai Green Curry GF

Spicy green curry with mushrooms, potatoes, peas, sweet baby corn, coconut milk and kaffir lime leaves, topped with thai basil, peanuts, cilantro and lime

Served with jasmine rice

Free Range Chicken \$21.50

Local Organic Tofu \$21.50

Ocean Wise Prawns \$22.95

Add warmed naan bread for \$1.25

Desserts

Feature Dessert	8.95
Gluten Free Brownie ①	5.95
Peanut Butter Square	5.95
Date Square	5.95
Granola Cookie	4.25

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