

Breakfast



Tree House Breakfast \$16.75 *

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

Forester's Breakfast \$18.95 *

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

Scrambled Eggs and Cheese \$13.95 *

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

Eggs and Toast \$10.95 *

Two free range eggs (sunny, over or scrambled) served with seed toast

Add bacon, maple sausage, or spiced beans for \$3.95

Tofu Scramble \$17.95 * ①

Local organic Soya Nova tofu scrambled with spinach, tomato, green onions and monterey jack & cheddar cheese

Served with home fries, homemade salsa and seed toast

Granola with Yogurt & Berries \$10.95 ①

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

Huevos Rancheros \$18.50 GF

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

Mexi Scramble \$18.50 GF

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

Breakfast Burrito \$18.50

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

Our bread is baked fresh daily by Embe Bakery

Add

Guacamole \$2.95

Avocado \$3.25

Sour cream .75

Salsa .60

GF Gluten Free

* Substitute gluten free toast (\$1.25) for GF

① 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 severe allergies

No Substitutions Please

Lunch



Appetizers

Hummus \$12.95 * ⑤

Chickpeas, tahini and garlic blended with lemon and spices. Served with warm naan bread

Tzatziki \$12.95 *

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

Chicken Skewers \$18.95 *

Grilled marinated free range chicken skewers, served with warm naan bread and thai peanut sauce

Sandwiches

Served with green, spinach, or caesar salad

Salmon Sandwich \$23.95 *

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

Tree House Club Sandwich \$19.75 *

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

Classic BLT \$17.50 *

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

Cranberry Chicken Sandwich \$21.75 *

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 \$21.75 * 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 \$21.75

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

Chicken Souvlaki \$21.75

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

Chicken Shawarma \$21.75

Marinated chicken 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

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Burgers

Served with your choice of green, spinach or caesar salad

Tree House Deluxe Burger \$22.50 *

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 \$20.50 *

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

Curried Chicken Burger \$21.75 *

Marinated chicken breast grilled and topped with apricot chutney on toasted ciabatta with curry aioli, greens, tomato and red onion

Tree House Lamb Burger \$22.95 *

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

Tree House Beef Burger \$19.50 *

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

Veggie Burger \$20.95 (V) *

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

Curry

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 \$22.95

Local Organic Tofu \$22.95

Ocean Wise Prawns \$23.95

Add warmed naan bread for \$1.50

Sides

Sour Cream .75

Salsa .60

Avocado \$3.50

Guacamole \$2.95

Sautéed Mushrooms \$3.95

Add Bacon \$2.95



18% gratuity will be added to groups of eight or more



Salads

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

Thai Peanut Chicken or Tofu & Greens \$22.95 * (V)

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

House Greens \$17.50 * (V)

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

Spinach Salad \$18.50 * (V)

Baby spinach, cucumber, red pepper, carrots, dry roasted cashews and sunflower sprouts
Served with homemade maple sesame vinaigrette

Caesar Salad \$17.50

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

Add to your Salad

Wild Sockeye Salmon Fillet \$12.95 GF
Six ounce grilled ocean wise salmon

Pan Seared Prawns \$8.95 GF
Five seared ocean wise tiger prawns

Grilled Chicken Breast \$7.95 GF
BC raised free range chicken breast

Local Organic Soya Nova Tofu \$6.95 GF
Baked with sesame tamari sauce

Avocado \$3.50 GF

Desserts

Tree House Cheesecake	\$9.95
Feature Dessert	\$9.95
Gluten Free Brownie	\$6.50
Peanut Butter Square	\$6.50
Date Square	\$6.50

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

(V) Ask your server how we can modify your meal to be vegan

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Dinner Features

Served after 5pm

Appetizers

El Diablo Prawns \$20

Half pound ocean wise tiger prawns cooked in a spicy red chilli sauce with spinach, lime and avocado. Served with warm naan

Muesli Goat Cheese Balls \$20

Chèvre rolled in sliced almonds, citrus, anise, poppy, sesame and sunflower seeds. Served warm with apricot ginger chutney and warm naan bread

Lamb Meatballs \$19

Lebanese spiced ground lamb shoulder, date syrup and pomegranate molasses
Served with warm naan bread

Entrees

Sockeye Dinner \$31

Wild sockeye salmon with wasabi mayo and pickled ginger
Served with fennel jasmine rice and seasonal veg

Add oceanwise prawns \$9

Chicken Souvlaki \$29

Marinated free range chicken breasts, grilled and served with Greek salad, fennel jasmine rice, tzatziki and naan bread

Maui Ribs \$29

Korean style beef short ribs marinated with brown sugar and tamari
Served with apricot and pepita slaw and fennel jasmine rice

Shish Tawook \$29

Chicken breast skewers marinated in yoghurt, tomato and spices, served with cucumber salad, fennel jasmine rice, warm flatbread and toum



Children's Menu

For children 12 years and under

Breakfast

Scrambled Eggs and Cheese \$7

One scrambled egg with jack and cheddar cheese, one piece of bacon or sausage and one piece toast

Peanut Butter and Banana Sandwich \$7

Yummy kid's classic on french bread

Waffles \$7

Two waffles with berries and real maple syrup

Granola with Milk and Berries \$7

Classic Tree House granola served with toasted pumpkin seeds, berries and milk

Cinnamon Toast \$4

Cinnamon and sugar sprinkled on toasted seed bread

Lunch and Dinner

Kid's Tree House Burger \$8

Child-sized portion of our famous Tree House burger
Add cheese .75

Kid's Veggie Burger \$8

Child-sized portion of our Tree House veggie cheese burger

Cheese Naan Pizza \$7

Cheddar cheese melted on naan bread

Canadian Naan Pizza \$8

Bacon and cheese melted on naan bread

Peanut Butter and Banana Sandwich \$7

Yummy kid's classic on french bread

Grilled Cheese \$7

Cheddar cheese grilled on french bread

Grilled Bacon and Cheese \$8

Bacon with jack and cheddar cheese grilled on french bread

Kid's Rice Bowl \$9

Rice, chicken or tofu, carrots

Cheese Quesadilla \$8

Jack and cheddar cheese grilled in whole wheat flour tortilla served with sour cream
Add chicken or tofu \$3

Corn tortillas available upon request

Drinks

Kid's hot chocolate \$3.50

Kid's steamer \$3

Kid's Milk \$1.75

Apple or Orange Juice \$2.25

Kid's Shirley Temple \$2.50

Hot Drinks

Chai Latte	5.65
Chaider (Chai and apple cider)	6.20
Dirty Chai (Chai and espresso)	6.65
Matcha Latte	6.25
Matcha Americano	4.80
Yerba Mate Latte	5.85
Yerba Mate	4.75
Hot Chocolate	5.20
Steamer	4.75
London Fog	5.45
Teddy Bear (Tea Latte)	4.35
Hot Organic Apple Cider	4.95



Tree House Cafe

Coffee

3.75

Salt Spring Coffee Co

Organic &
fair trade

Tea

3.50

Orange Pekoe
Earl Grey
English Breakfast
Green
Chamomile
Rooibos
Mint
Chai

Cold Drinks

House Infused Herbal Lemonade	3.95
Home Brewed Unsweet Iced Tea	3.50
add flavoured syrup	.95
Moonshine Mama's Elixir Shot	2.95
add soda	1.50
Arnold Palmer	3.95
Italian Soda	3.95
Italian Cream Soda	4.25
Yerba Mate - Lemon or Mint	4.75
Cranberry and Soda	3.95
Apple Juice	3.50
Happy Planet Orange Juice	4.50
Shirley Temple	3.50
Iced Chai	5.65
Perrier (330ml)	3.25
Pop	2.95
(Coke, Diet Coke, Root Beer Ginger Ale, Sprite, Club Soda)	

Espresso Drinks

All of our espresso drinks are
made with a double shot

Espresso	3.60
Americano	3.90
Espresso Macchiato	4.00
Cappuccino (8oz)	4.60
Latte	5.40
Mocha	6.10
Americano Misto	4.80
Iced Latte	5.40
Iced Mocha	6.10

Syrup Flavours

Caramel, Hazelnut, Vanilla, Cane Syrup, Cherry, Orange, Raspberry, Lavender, Guava, Hibiscus Sugar-Free Vanilla
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Additions and Substitutions

Extra espresso shot	1.00
Flavoured syrup	1.00
Chocolate sauce	1.00
Add whipped cream	.75
Sub soy, oat or almond milk	1.00

Blender Drinks

Berry Banana Bonanza - Made with mixed berries, Happy Planet orange juice, oat milk, banana and ice	8.50
Vanilla Frapp - Two shots of espresso blended with vanilla syrup, ice and milk, topped with whipped cream	8.50
Caramel Frapp - Two shots of espresso blended with caramel ice and milk, topped with whipped cream	8.50
Mocha Frapp - Two shots of espresso blended with organic chocolate sauce, ice and milk, topped with whipped cream	8.50
Matcha Frapp - Matcha green tea blended with ice and milk	8.50
Chocolate Monkey - Banana, milk and ice blended with organic chocolate sauce, topped with whipped cream	7.95
Wired Monkey - Banana, milk and ice blended with organic chocolate sauce and two shots of espresso topped with whipped cream	8.95



Tree House Cafe

Beer and Cider

On Tap

Phillips Blue Buck

Smooth pale ale with a lightly hopped finish
Pint(16oz) \$7.95 Glass(12oz) \$6.25

Salt Spring Brewing Co. Tree House Lager

Refreshing, crisp pilsner style lager
Pint(16oz) \$8.25 Glass(12oz) \$6.50

Salt Spring Wild Cider

Semi-Dry Cider (6.8%)

Organic apples picked from local orchards
Glass(10oz) \$9.50

Bottled Beer

Hoyne Pilsner(355ml) \$7.95

Hoyne Por Favor Lager (355ml) \$7.95

Hoyne Among Giants IPA (355ml) \$7.95

Hoyne Dark Matter (355ml) \$7.95

Beck's Non Alcoholic \$4.50

Hot Drinks

Polar Bear Hot Chocolate \$10.95 (1oz)

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

Whiskey Chaider \$10.95 (1oz)

A shot of Crown Royal with organic hot apple cider and spiced chai steamed with cinnamon and cloves

Blueberry Tea \$10.95 (1oz)

Grand Marnier and Amaretto served with a pot of Orange Pekoe tea, a cinnamon stick and an orange slice

Coffee with Liqueur \$10.95 (1oz)

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

Cocktails

Salt Spring Wildflower \$9.95 (1oz)

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

Spiked Arnold Palmer \$9.95 (1oz)

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

Tree House Turmeric Margarita \$11.95 (1.5oz)

Moonshine Mama's turmeric elixir, tequila, triple sec and a splash of orange juice served on the rocks with a salt and ancho rim

Margarita \$11.50 (1.5oz)

Classic lime margarita with tequila and Triple Sec. On the rocks

Mimosas \$12.95

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

Aperol Spritz \$12.95

1oz Aperol, 3oz prosecco and a splash of soda

The Palm \$11.95 (1.75oz)

Espolon tequila, Aperol and lime juice shaken and topped with soda

Purple Rain \$9.95 (1oz)

Gin, lavender syrup, soda and a splash of herbal lemonade

Spicy Caesar \$9.95 (1oz)

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

Hi-Balls \$8.95 (1oz)

Glenfiddich \$9.95 (1oz)

Single Malt Scotch

Jameson \$8.95 (1oz)

Irish Whiskey

Espolon Tequila Reposado \$8.95 (1oz)

Blue Agave Tequila

In order to serve you our delicious drinks here in BC, it's mandatory to have two pieces of ID
Please have them both ready for your server upon ordering



Reds

Jackson Triggs - Shiraz (Canada)

6 oz Glass \$7.50 9 oz Glass \$10.50 1/2 litre \$20

Finca Los Primos - Malbec (Argentina)

6 oz Glass \$9 9 oz Glass \$12.75 1/2 litre \$24 Bottle \$32

Garry Oaks - Pinot Noir (Salt Spring Island)

6 oz Glass \$13.75 9 oz Glass \$20 1/2 litre \$37 Bottle \$49

J Lohr - Cabernet Sauvignon (California)

6 oz Glass \$14 9 oz Glass \$20.5 1/2 litre \$37.50 Bottle \$50

Whites

Jackson Triggs - Pinot Grigio (Canada)

6 oz Glass \$7.50 9 oz Glass \$10.50 1/2 litre \$20

Wente - Chardonnay (California)

6 oz Glass \$12.5 9 oz Glass \$18 1/2 litre \$33.75 Bottle \$45

Kim Crawford - Sauvignon Blanc (New Zealand)

6 oz Glass \$12.5 9 oz Glass \$18 1/2 litre \$33.75 Bottle \$45

Kutatas - Ortega (Salt Spring Island)

6 oz Glass \$13 9 oz Glass \$18.75 1/2 litre \$35.25 Bottle \$47

Garry Oaks - Pinot Gris (Salt Spring Island)

6 oz Glass \$13.75 9 oz Glass \$19.5 1/2 litre \$36.75 Bottle \$49

Rose and Bubbles

Kutatas - Rose (Salt Spring Island)

6 oz Glass \$12 9 oz Glass \$17 1/2 litre \$32 Bottle \$43

Villa Teresa - Prosecco (Italy)

Bottle \$43

Freixenet Cordon Negro Brut (Spain)

Personal sized 6 oz Bottle \$11

Taxes not included