



**Tree House
Cafe**
Take Out Menu
Call 250-537-5379

Breakfast

Served till 11:00am

Breakfast Bun \$11.95

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 \$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

Granola with Yogurt and Berries \$10.95 ①

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

Lunch

11am - 5pm

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 * ①

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

Burgers & Sandwiches

Served after 11am

Served with 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 ① *

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

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 Rossdown 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

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 any allergies

Appetizers

Served after 11 am

Hummus \$12.95 * ⑤

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

Chicken Skewers \$18.95 *

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

Tzatziki \$12.95 *

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

Served after 5 pm

El Diablo Prawns \$21

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 *

Salt Spring Island Cheese 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

Salads

Served after 11am

Served with warm naan bread

Thai Peanut Chicken or Tofu & Greens \$22.95 * ⑤

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

Caesar Salad \$17.50

Crisp romaine, homemade roasted garlic dressing, homemade croutons, parmesan & lemon

Add real bacon bits for \$1.50

House Greens \$17.50 * ⑤

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 * ⑤

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

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

Curry

Served after 11:00am

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 or Local Organic Tofu \$22.95

Ocean Wise Prawns \$23.95

Add warm naan bread for \$1.25

Entrees

Served after 5pm

Sockeye Salmon Dinner \$31 GF

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

Add grilled 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

Call 250-537-5379