



# Tree House Cafe

## Take Out Menu

Call 250-537-5379

### Breakfast

Served till 11:00am

#### Breakfast Bun \$12.75

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 \$19.75

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 \$11.50 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 \$25.50 \*

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

#### Tree House Club Sandwich \$21.50 \*

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

#### Cranberry Chicken Sandwich \$23.25 \*

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

#### Chicken Souvlaki \$23.25

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

#### Roasted Yam Quesadilla \$23.25 \* 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 \$23.25

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

#### Lamb Gyro \$24.25

Spiced ground lamb with tzatziki and fresh chopped tomato, and cucumber salad wrapped in warm naan bread

#### Chicken Shawarma \$23.25

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

#### Classic BLT \$17.95 \*

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

### Burgers & Sandwiches

Served after 11am

Served with green, spinach, or caesar salad

#### Tree House Deluxe Burger \$23.95 \*

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 \$21.95 \*

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

#### Buttermilk Ranch Chicken Burger \$23.95 \*

Grilled free range chicken breast with melted cheddar and bacon, served on a grilled ciabatta bun with buttermilk ranch, greens, tomato, and red onion

#### Tree House Lamb Burger \$24.50 \*

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

#### Tree House Beef Burger \$20.95 \*

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

#### Veggie Burger \$22.50 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



## Appetizers

Served after 11 am

### Butter Poached Prawns \$20.95

Half pound of oceanwise tiger prawns poached in butter and roasted garlic. Served with lemon and warm naan

### Chicken Skewers \$19.95 \*

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

### 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

Served after 5 pm

### Lamb Meatballs \$22

Ground lamb shoulder meatballs, Muhammara, pomegranate molasses, flat-leaf parsley and warm naan

### Muesli Goat Cheese Balls \$21 \*

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

## Curry

Served after 11am

### 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 \$24.75

Ocean Wise Prawns \$25.75 Add warm naan bread for \$1.50

## Salads

Served after 11am

Served with warm naan bread

### Thai Peanut Chicken or Tofu & Greens \$24.95 \* ⑤

Baked local organic Soya Nova tofu or free range chicken satay 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

### House Greens \$17.95 \* 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

### Caesar Salad \$17.95

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

Add real bacon bits for \$1.95

### Spinach Salad \$20.50 \* ⑤

Baby spinach, cucumber, mushroom, carrot, hard boiled egg, sunflower sprouts, feta, & pumpkin seeds Served with homemade nutritional yeast dressing

### 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

## Entrees

Served after 5pm

### Lamb Pops \$39 GF

Lebanese spiced rack of lamb lollipops with cherry gastrique served with Urfa biber aioli, fennel jasmine rice and seasonal vegetables

### Halibut \$39 GF

Fresh pacific halibut with creamy coconut sauce and mango served with fennel jasmine rice and seasonal vegetables

### Chicken Souvlaki \$30 \*

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

### Grilled Sockeye Salmon \$32 GF

Grilled sockeye served with fennel scented jasmine rice, seasonal vegetables, wasabi mayo and pickled ginger

Add grilled prawns \$9

### Grilled Halloumi Skewers \$29 \*

Marinated halloumi cheese skewered with seasonal vegetables, grilled and served with fennel jasmine rice, tzatziki and naan bread

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

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**