



TRAILHEAD CAFÉ

SAMSON MALL

101 LAKE LOUISE DR

(403) 522 2006

Open 7am-6pm daily

BREAKFAST

Wraps and Bagels

All breakfast wraps and bagels come with egg, cheese, sautéed tomato, onion, peppers and mushrooms and your choice of sauce. Please choose if you want a wrap or a bagel and one of the following:

THE CURE: comes with bacon, ham and sausage \$9.25

THE TRAILHEAD: Please choose bacon, ham or sausage \$8.25

THE VEGGIE LOVERS- no meat, veggies only \$7.25

SMOKED SALMON BAGEL- Smoked salmon pieces on a toasted bagel with cream cheese, red onion, lemon juice and capers \$8.75

AVACADO ON TOAST- Smashed avocado on choice of toast with diced tomatoes, goat cheese and a balsamic reduction \$8.50

All of the above are SERVED ALL DAY!

EARLY RISERS- SERVED TILL 10AM

THE BIG BREAKFAST- Served with 2 eggs, hash browns, toast and choice of Ham, Bacon or Sausage \$12.50

VEGGIE OMLETTE- Lots of sautéed onions, tomatoes, peppers and mushrooms folded in egg with melted cheese served with a choice of toast \$10.00

Breakfast meat add-on \$2.50 (sausage, bacon, ham)

HOMEMADE BUTTERMILK PANCAKES- served with blueberries, banana, Canadian Maple syrup and whipped cream \$12.50

WRAPS

THE GREEK- grilled seasoned chicken breast with Kalamata olives, cucumber, tomatoes, red onion, mixed greens, feta cheese and homemade tzatziki all rolled into a warm Spinach wrap \$11.00

CANADIAN CLUB – a favourite: grilled chicken breast, with Hutterite bacon, ham, mixed greens, tomatoes, red onion, mozzarella cheese, and mayo wrapped tight in a whole wheat wrap. \$ 11.00

CAJUN CHICKEN CAESAR – a Cajun spiced chicken breast with crisp romaine lettuce, homemade dressing, crispy bacon, parmesan cheese, and house baked croutons on our whole wheat wrap \$11.00

FALAFEL PITA – Healthy falafels and our bean medley on a grilled pita, with fresh tomato, onions, green peppers, and cucumbers, with tzatziki and hummus. \$12.00

SIGNATURE SANDWICHES

THE GOBBLER – Roast turkey and bacon on a toasted bun with tomato, red onion, homemade cranberry sauce, and stuffing. \$13.50

THE HOUSTON – Amber ale mac and cheese with BBQ pulled pork stuffed inside grilled sourdough bread, with melted jalapeno jack cheese. \$13.50

SOCKEYE SLAMWICH – grilled salmon, with guacamole, red onion, sliced cucumber and mixed greens \$ 13.50

LISA'S CHICKEN SALAD SANDWICH– homemade chicken salad, and sliced tomato on a toasted herb focaccia \$12.50

T.H.C. CLASSICS

THE REUBEN – Montreal smoked meat on a toasted marble rye bread with melted mozzarella, sauerkraut, and dijonnaise \$13.00

SUPREME B.L.T – your classic B.L.T, using our locally sourced Hutterite bacon, mayo, lettuce, and tomatoes. \$12.00

CLASSIC GRILLED CHEESE – sliced cheddar cheese, on thick cut whole wheat toast \$6.00