

TRAILHEAD CAFÉ (403) 522 2006

BREAKFAST

Wraps & Bagels

All breakfast wraps & bagels **COME WITH EGG**, cheese, sautéed tomato, onion, peppers & mushrooms & your choice of sauce. Please choose if you want a wrap or a bagel & one of the following:

THE CURE- Comes with bacon, ham & 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 on a toasted bagel with cream cheese, red onion, lemon juice & capers \$8.75

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

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

VEGGIE OMELETTE- Sautéed onions, tomatoes, peppers & mushrooms folded in egg

with melted cheese served with toast \$10.00

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

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

LUNCH WRAPS

THE GREEK-grilled seasoned chicken breast with Kalamata olives, cucumber, tomatoes, red onion, mixed greens, feta cheese & homemade tzatziki all rolled into a warm Spinach wrap \$12.00

CANADIAN CLUB – Grilled chicken breast, with Hutterite bacon, ham, mixed greens, tomatoes, red onion, mozzarella cheese, & mayo wrapped tight in a whole wheat wrap \$ 12.00

CAJUN CHICKEN CAESAR – a Cajun spiced chicken breast with crisp romaine lettuce, homemade dressing, crispy bacon, parmesan cheese, & house baked croutons on our whole wheat wrap \$12.00

FALAFEL PITA – Falafels & our bean medley on a grilled pita, with fresh tomato, onions, green peppers, & cucumbers, with tzatziki & hummus **\$12.00**

SIGNATURE SANDWICHES

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

THE HOUSTON – Amber ale mac & 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 & mixed greens \$ 13.50

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

BLISS BURGER – Juicy beef patty with cheddar cheese, bacon, tomato, red onion, lettuce, pickles

& homemade burger sauce served on a seeded bun with fries \$15.95

T.H.C. CLASSICS

THE REUBEN – Smoked meat on toasted marble rye bread with melted mozzarella, sauerkraut, & dijonaise \$13.00

SUPREME B.L.T – Classic B.L.T, using our locally sourced Hutterite bacon, mayo, lettuce, & tomatoes \$12.00

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

CHICKEN STRIPS – Four breaded chicken strips served with a side of fries & choice of sauce \$14.95

EXTRAS

FRIES OR SALAD—\$3.50

VEGAN SAMOSA- \$5.95

PEPPERONI STICK- \$4.00

SAUSAGE ROLL- \$4.50

PIE JUNKIE'S SAVOURY PIES, served hot or cold \$10.00

JAMAICAN PATTY \$ 8.50

<u>SAUCES</u>

HOMEMADE CAESAR HOMEMADE TZATZIKI
HOMEMADE BBQ HONEY MUSTARD DIJONAISE
RANCH HUMMOUS MAYO KETCHUP SALSA
FRANCKS HOT SAUCE VALENTINA'S SWEET CHILI

COFFEE AND TEA

	10oz	120 z	16 oz	
Drip coffee	\$2.00	\$2.25	\$2.50	
Americano	\$3.00	\$3.25	\$3.50	
Misto	\$3.25	\$3.50	\$3.75	
Latte	\$4.50	\$4.75	\$5.00	
Cappuccino	\$4.50	\$4.75	\$5.00	
Mocha	\$4.50	\$4.75	\$5.00	
Chai Latte	\$4.50	\$4.75	\$5.00	
London Fog	\$4.50	\$4.75	\$5.00	
Hot Chocolate	\$4.25	\$4.50	\$4.75	
Espresso		\$2.50 (2oz)		
Extra shot			\$1.25	
Macchiato		\$3.75 (4oz)		
Own mug drip coffee			\$2.00	
Retail Bag of coffee			\$15.00	
	TEA			

Loose leaf \$3.75 \$3.25 Red Rose

SPECIALTY COFFEE

100Z	120Z	160Z
\$5.00	\$5.25	\$5.50

Winters Night Latte

A double shot espresso, almond syrup, steamed chocolate milk and whipped cream Maple Canadiano

A double shot espresso, hot water, pure maple syrup and white chocolate

Caramel Brulee Latte A double shot espresso, steamed milk, caramel sauce and a dash of raw sugar on top

Snowy Americano

Americano with white chocolate

Matcha Latte

Green tea powder and steamed milk