TRAILHEAD CAFÉ

(403) 522 2006

All Day 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 **$10.75**

THE TRAILHEAD- Please choose bacon, ham or sausage **$10.25**

THE VEGGIE LOVERS- no meat, veggies only **$9.75**

SMOKED SALMON BAGEL- Smoked salmon on a toasted bagel with cream cheese, red onion, lemon juice & capers **$12.25**

AVOCADO ON TOAST- Smashed avocado on toast with sliced tomatoes, goat cheese & balsamic reduction **$12.50**

The following is only served till 10a.m.

THE BIG BREAKFAST- Served with 2 eggs, hash browns, toast & choice of Ham, Bacon or Sausage **$15.50**

VEGGIE OMELETTE- Sautéed onions, tomatoes, peppers & mushrooms folded in egg with melted cheese served with toast **$13.50**

Breakfast meat add-on $4.50 (sausage, bacon, ham)

HOMEMADE BUTTERMILK PANCAKES– Served with blueberries, banana, Canadian Maple syrup & whipped cream **$15.50**

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 **$14.50**

CANADIAN CLUB – Grilled chicken breast, with Hutterite bacon, ham, mixed greens, tomatoes, red onion, mozzarella cheese, & mayo wrapped tight in a whole wheat wrap **$ 14.50**

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 **$14.50**

FALAFEL PITA – Falafels & our bean medley on a grilled pita, with fresh tomato, onions, green peppers, & cucumbers, with tzatziki & hummus **$14.50**

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**

THE DONAIR-thin sliced beef& lamb meat on a warm pita with mixed greens, tomato, onion and donair sauce **$14.50**

LISA'S CHICKEN SALAD SANDWICH– Homemade chicken salad, & sliced tomato on a toasted herb focaccia **$14.50**

BLISS BURGER – Juicy beef patty with cheddar cheese, bacon, tomato, red onion, lettuce, pickles & homemade burger sauce served on a seeded bun with fries **$15.50**

T.H.C.

THE

meat marble with mozza-

kraut, & dijonaise **$14.50**

SUPREME B.L.T – Classic B.L.T, using thick

$14.50

CHICKLE N' CHEESE-Melted cheddar and pickles **$14.50**

EXTRAS

FRIES OR SALAD—$4.50

VEGAN SAMOSA- $5.95

CHICKEN SAMOSA- $5.95

PEPPERONI STICK- $4.50

SAUSAGE ROLL- $5.50

SAUCES

HOMEMADE CAESAR **HOMEMADE TZATZIKI**

HOMEMADE BBQ **HONEY MUSTARD** **DIJONAISE** **RANCH**

HUMMOUS **MAYO** **KETCHUP** **SALSA** **FRANCKS HOT SAUCE**

CLASSICS

REUBEN –

Smoked

on toasted

rye bread

melted

rella, sauer-

smoked bacon, mayo, lettuce, & tomatoes

cheese on thick grilled bread with chicken

COFFEE AND TEA

	10oz	12oz	16 oz
Drip coffee	$3.25	$3.50	$3.75
Americano	$4.25	$4.50	$4.75
Misto	$4.50	$4.75	$4.75
Latte	$5.00	$5.25	$5.75
Cappuccino	$5.00	$5.25	$5.75
Mocha	$5.25	$5.50	$6.00
Chai Latte	$5.25	$5.50	$6.00
London Fog	$4.75	$5.00	$5.50
Hot Chocolate	$4.75	$5.00	$5.50
Espresso		$3.50 (2oz)	
Extra shot		$1.25	
Macchiato		$4.00 (4oz)	
Own mug drip coffee		$2.00	
Retail Bag of coffee		$19.00	

TEA

Loose leaf	$4.00
Red Rose	$3.50

SPECIALTY COFFEE

10oz	12oz	16oz
$5.00	$5.50	$6.00

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

SMOOTHIES-$9.75

BERRY-Banana, strawberry, blueberry, Greek yogurt, apple juice and vanilla

GREEN– Spinach, strawberry, banana, orange juice