

MARKET
TAKE A HIKE
CANMORE · ALBERTA

BREAKFAST MENU

7:30AM - 11AM

BIG BREAKFAST

All served with our house made wedge fries & spicy tomato coulis or mixed fruits.

Gluten free bread available for +1.

THANKS TO MUM

16.50

Mum's thanksgiving sausage stuffing patty, maple fried egg, vieux cheddar cheese, english muffin

BREAKFAST CROISSANT

14.50

fried egg, bacon jam, cheddar cheese

TAKING IT EASY [Ⓥ]

11

fried egg, cheddar, english muffin, mayo
add candied bacon

+5

FULL BREAKFAST

17

2 eggs, bacon or sausage, toast & jam

AVOCADO TOAST

16

smashed avocado, on Epi rye bread w/ a hard boiled egg, za'tar, confit tomato & pinenut oil
add candied bacon

+5

LITTLE BREAKFAST

ST. VIATEUR BAGEL W/ BUTTER [Ⓥ]

6

toasted sesame or everything

ST. VIATEUR BAGEL W/ CREAM CHEESE [Ⓥ] **8.50**

toasted sesame or everything, lactania cream cheese

FLUFFY, FLUFFY, PANCAKES [Ⓥ]

10

3 pancakes w/ butter & either maple or chocolate syrup

SMOOTHIE OF THE DAY

6

LITTLE SOMETHING EXTRA

EGGS [Ⓥ]

5

2 eggs

CANDIED BACON

5

3 pieces of smoked bacon, maple, MTL steak spice

SAUSAGE

5

3 gourmet breakfast sausage

WEDGES ^{Ⓥⓖ}

4

served with tomato coulis

TOAST W/ BUTTER

4

GF TOAST W/ BUTTER

5



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LUNCH 11AM - CLOSE

SALADS AND SMALLS

- HUMMUS** (VG) 11
olive oil, sesame seeds, lime zest, multi grain bread
- MARKET SALAD** (GF) 10
whim of the chef
- BEEF & SMOKED SALMON SALAD** (GF) 17
mixed greens, avocado, cilantro,
sherry vinaigrette

SANDWICHES

All served with either our house made wedge fries or house salad.

- FRANKIE D'S BURGER** 24
ground beef, bacon jam, cheddar mayo, greens,
Frankie D's Donuts "Everything" Donut
- THE BURGER** 21
ground beef, bacon jam, cheddar mayo, greens,
brioche bun
gf bun available for +1
- GRILLED CHEESE** (V) 18
cheese, tomato, mushroom preserves, orange vine-
gar, smoked tomato coulis, sourdough bread, garlic
butter
- MONTREAL SMOKED MEAT SANDWICH** 18
meat smoked in house, Epi Canmore rye bread, house
made yellow mustard, pickle
- THE ITALIAN** 21
smashed burrata cheese, mortadella, herb pesto,
tomato olive spread on house made focaccia bread

PIZZAS & MAINS

- CHEESE PIZZA** (V) 16
house made San Marzano tomato sauce, mozza and
cheese curd blend, cold pressed canola oil
- PEPPERONI PIZZA** 17.50
house made San Marzano tomato sauce, mozza
and cheese curd blend, pepperoni, cold pressed
canola oil
- MARKET PIZZA** 20
house made San Marzano tomato sauce, mozza and
cheese curd blend, calabrese salami,
balsamic reduction, arugula, cold pressed canola oil
- POUTINE** (GF) SMALL 9 LARGE 17
house made potato wedges, Quebec cheese curd,
sauce au vin rouge
Add Montreal Smoked Meat +4
Extra Cheese Curds +3
- BAKED ADORAY CHEESE** (V) 20
white wine, shallots, walnuts, cornichons, french
country bread
- CRISPY FRIED FISH** (GF) 22
cajun spiced fried fish, house made wedge fries &
tartar sauce

Order online
for pick up!



SIDES

WEDGE FRIES ^{VG}

house potato wedges, st-laurent salt

SIDE SALAD

whim of the chef

4

4

DRINKS

DAILY SMOOTHIE ^{VG}

whim of the chef

5.25

HOUSE MADE SAUCES

1.50

TOMATO COULIS ^{VG}

slightly smokey, spicy ketchup

SAUCE AU VIN ROUGE

poutine gravy

CHEDDAR MAYO ^V

DESSERTS

COOKIE ^V

2

DAILY SELECTION OF SWEET TREATS



Order online
for pick up!

^V VEGETARIAN | ^{VG} VEGAN | ^{GF} GLUTEN-FREE



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CAFÉ MENU

COFFEE

12OZ | 16OZ

Our coffee is lovingly crafted by Zab Café

FILTER

3 | 3.50

DOUBLE ESPRESSO

3.50

AMERICANO

3.75

CAPPUCCINO

4.50

LATTE

4.50 | 5.25

FLAT WHITE

4.50 | 5.25

MOCHA

5 | 5.75

espresso, chocolate, steamed milk

TEA

12OZ | 16OZ

Teas provided by Canmore Tea Company

EARL GREY

3 | 3.50

ORGANIC PEPPERMINT

3 | 3.50

SPICY CHAI

3 | 3.50

TOTAL BODY WELLNESS

3 | 3.50

CHAI LATTE

5.75 | 6

chai concentrate, steamed milk

LONDON FOG

5.75 | 6

earl grey, vanilla syrup, steamed milk

EXTRAS

CARAMEL

1

locally made by Drop Caramel

VANILLA SYRUP

1

CHOCOLATE SYRUP

1

housemade

SEASONAL SYRUPS

1

housemade

MILK ALTERNATIVES

0.50

almond, oat and soy

SPECIALTY

12OZ | 16OZ

HOT CHOCOLATE

4.50 | 5.00

