

RISE & SHINE

FRESH BAKED GOODS	\$1.25 - \$3.75
BAGELS Plain, Multigrain or Everything	\$2.50
Add cream cheese	\$0.75
BAGEL BLT Bagel with Bacon, Lettuce, Tomato & Mayo	\$4.25
BREAKFAST BAGEL Scrambled Egg, Bacon, Cheddar & Mayo	\$6.95
BREAKFAST WRAPS	\$7.95
Veggie Scrambled Eggs, Cheddar, Tomato, Peppers & Hash Browns	
Bacon n Egg Scrambled Eggs, Bacon, Cheddar & Hash Browns	
SEASONAL FRESH FRUIT SALAD	\$3.75
WHOLE FRUIT	\$1.50

HOT BREAKFAST

HIKER'S SPECIAL 2 Eggs Any Style, Hash Browns & Toast	\$7.50
Add Bacon (2 slices)	\$1.50
TWIN FALLS SKILLET	\$9.95
Free Range Scrambled Eggs, Bacon, Hash Browns, Peppers, Onions and Cheddar Cheese with Toast	
VEGGIE SKILLET	\$9.50
Free Range Scrambled Eggs, Smoked Tofu, Hash Browns, Peppers, Onions and Cheddar Cheese with Toast	
PULLED PORK SKILLET	\$9.95
Free Range Scrambled Eggs, Pulled Pork, Hash Browns, Peppers, Onions and Cheddar Cheese with Toast	

*Breakfast items are available until 1:00pm

*All menu items subject to 5% GST

PANINI & WRAPS etc

*All our paninis & wraps are served with our house made seasoned potato chips.

Make it a Combo!
 Add a Coca-Cola soft drink for \$2.75

CLASSIC ITALIAN PANINI	\$9.95
Stuffed with Mortadella, Calabrese, Salami, Monterey Jack, Roma Tomatoes, Fresh Basil & Pesto Aioli	
TURKEY, BACON AND RANCH PANINI	\$9.95
Roasted Turkey Breast, Applewood Smoked Bacon, Cheddar Cheese, Tomatoes & Ranch Dressing	
FLORENTINE PANINI (VEG)	\$9.95
Fresh Baby Spinach, Buffalo Mozzarella & BC Hot House Tomatoes with an Aged Balsamic Aioli. Seasoned with Kosher Salt & Ground Black Pepper	
BBQ PULLED PORK SANDWICH	\$9.95
Topped with Cole Slaw & Pickled Onions	
RASTA WRAP	\$9.50
Jerk Chicken Salad, Coconut Basmati Rice, Jack Cheese, Roasted Red Peppers, Green Leaf Lettuce, Red Onion, & House Made Mango Chutney in a Curry Wrap	
CHICKEN CAESAR WRAP	\$9.50
Marinated Chicken Breast Strips Tossed in our House Made Garlic Caesar Dressing & Leaf Lettuce Wrapped in a Spinach Wrap	
CLASSIC GRILLED CHEESE (VEG)	\$7.95
Duo of Monterey Jack and Cheddar Cheese	
ORGANIC GARDEN GREEN SALAD	\$4.95
Organic Mixed Field Greens with Tomato Wedges, Fresh Peppers, Cucumbers and Julienned Carrots <i>Choice of: Ranch, Balsamic or Caesar Dressing</i>	
ADD GRILLED CHICKEN BREAST	\$4.95

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OFF THE GRILL

All burgers come with leaf lettuce, tomatoes, onions, mayo and our signature sauce.
 Offered with french fries

FRESHLY GRILLED CHEESEBURGER	\$10.95
FRESHLY GRILLED HAMBURGER	\$9.95
MOUNTAIN CLIMBER BURGER	\$12.50
Crispy Onions, Bacon, BBQ Sauce and Monterey Jack Cheese	
MARINATED CHICKEN BREAST BURGER	\$11.95
GARDEN VEGGIE BURGER	\$10.95
NATHAN'S FAMOUS HOT DOG	\$6.95
with House Made Seasoned Potato Chips	
GLUTEN FREE BUN	add \$1.50
FISH & CHIPS	\$11.95
1 Piece Corona Beer Battered Cod, Cole Slaw & Tartar Sauce	
Add Additional Piece	\$4.95
CHICKEN FINGERS & FRIES (4 PCS)	\$11.95
Sauces: Red Hot, Plum, BBQ, Honey Mustard, or Ranch	

NIBBLES & SIDES

CHICKEN WINGS	\$8.95(6) \$12.95(12)
Flavors: Red Hot, Salt & Pepper, BBQ or Honey Garlic	
FRENCH FRIES	\$3.95
POUTINE French Fries, Cheese Curds & Gravy	\$6.95
PULLED PORK POUTINE	\$8.95
ONION RINGS	\$5.95
SIDE OF GRAVY	\$1.25

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MIXED SNACK BAGS	\$3.75
POTATO CHIPS	\$1.50
ICE CREAM	\$2.50-\$4.50
JUMBO COOKIES	\$1.25
TRAIL MIX GRANOLA BARS	\$1.75

HYDRATE

	12OZ	16OZ	20OZ
FRESH BREWED COFFEE	\$2.25	\$2.50	\$2.75
ESPRESSO	\$1.50 (single)		\$2.60(Double)
LATTE	\$3.50	\$4.25	\$4.65
CAPPUCCINO	\$3.50	\$4.25	\$4.65
CAFE MOCHA	\$3.95	\$4.50	\$4.95
CAFÉ AMERICANO	\$2.75	\$3.25	\$3.65
CHAI TEA LATTE	\$3.95	\$4.50	\$4.95
HOT CHOCOLATE	\$3.50	\$4.25	\$4.65
TAZO TEA	\$2.25		
SOY/EXTRA SHOT	\$0.75		
EXTRA SYRUP/WHIP	\$0.75		

COCA-COLA SOFT DRINKS & WATER

Coke, Minute Maid Juices, Dasani Water, Nestea

   	\$2.75
VITAMIN WATER	\$3.50
POWERADE	\$3.75
MONSTER	\$3.75
PERRIER	\$2.75
HAPPY PLANET SMOOTHIES	\$3.95
MILK 2 GO	\$2.75
BEER/CIDER/COOLERS	\$6.50-\$7.50



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