

# WELCOME TO MY-CHOSEN CAFE



## PICKINS' FOR SHARING

### SPINACH & ARTICHOKE DIP \$17.49

Our blend of spinach, artichokes, cream cheese, roasted garlic, sour cream, parmesan, and mozzarella. Served warm with tortilla chips.

### CHICKEN WINGS \$18.49

One pound of lightly floured crispy chicken wings tossed in your choice of hot sauce, honey garlic, BBQ, Thai peanut, teriyaki, or salt & pepper.

### CAULIFLOWER BITES \$15.49

Fresh cauliflower, house battered and fried. Have them plain with dill dip, or tossed in your choice of hot sauce, honey garlic, BBQ, Thai peanut or teriyaki.

### ARTICHOKE DIPPED JUMBO SHRIMP \$17.99

Sautéed prawns on top of roasted garlic artichoke dip, served hot with garlic bread for dipping.

### YAM FRIES \$10.99

Lightly seasoned and served with a chipotle mayo.

### QUESADILLA \$18.49

Taco chicken or beef, house cheese blend, onion, and tomato. Served with salsa and sour cream.

### VEGGIE QUESADILLA \$18.49

Black beans, corn, onion, peppers, house cheese blend, and tomato. Served with salsa and sour cream.

### ZUCCHINI STICKS \$14.99

Lightly tempura battered, deep fried, and topped with parmesan cheese. Served with creamy garlic dill dip.

### ORIGINAL POUTINE \$13.99

Fresh cut Kennebec fries topped with cheese curds, and your choice of chicken or beef gravy.

### KICKED-UP POUTINE \$16.99

Our original poutine with diced green onions, bacon, and crispy onion tangles.

Make your Pickin's a meal and add: Fries, garden salad, or a cup of our daily soup \$4.99

OR Onion rings, Caesar salad, yam fries, or chowder \$5.99

## SOUPS

made from scratch in house

### SOUP OF THE DAY Cup \$5.99/Bowl \$7.99

Add garlic toast \$3.49

### SEAFOOD CHOWDER Cup \$7.99/Bowl \$11.49

Our traditional hearty chowder with shrimp, cod, clams, and bacon.

Add garlic toast \$3.49

### BAKED FRENCH ONION \$12.99

Caramelized onions in a rich beef broth, baked with a bread crouton and mozzarella cheese. Served with garlic toast.

### FRENCH ONION & CAESAR SALAD \$17.99

Baked French onion soup served with Caesar salad and garlic toast.

### SOUP, SALAD & CHEESE TOAST \$17.99

A cup of our daily soup, your choice of tossed green salad or Caesar salad, and cheese toast.

Substitute chowder \$3.49

 Vegetarian  Vegan

ALL PRICES ARE SUBJECT TO APPLICABLE TAXES.



# LATE RISER BREAKFAST

SERVED UNTIL 4:00PM

Generous portions made with Farmer Bens local free range eggs.

**REGULAR BREAKFAST \$15.99**

2 eggs with your choice of bacon, farmers sausage or grilled ham, served with your choice of 2 sides.

**FARMHAND BREAKFAST \$18.99**

3 eggs, 2 strips of bacon, a slice of ham, and a Glenwood Meats farmers sausage, served with your choice of 2 sides.

**FRIED EGGS BENEDICT \$17.49**

Open-faced English muffin topped with fried eggs, ham and hollandaise sauce. Served with 1 side.

**COUNTRY FRIED STEAK & EGGS \$21.99**

Battered and golden-fried breakfast steak topped with sausage gravy. Served with 2 eggs and your choice of 2 sides.

**STEAK AND EGGS \$29.99**

7 oz. AAA centre cut top sirloin served with 2 eggs and your choice of 2 sides.

**CHOSEN OMELETTE \$19.99**

Bacon, ham, green onion, tomato, and a blend of cheese, served with your choice of 2 sides.

**BREAKFAST SANDWICH \$15.99**

Fried egg, bacon, cheddar cheese, tomato, lettuce, red onion and mayo on a toasted brioche bun.

**SIDES:** Shredded or deep fried hash browns, fresh or grilled tomato slices, toast or English muffin.

## SALADS

generous in size and served with garlic toast.

**LONGHORN CAESAR SALAD \$21.49**

Crisp romaine, diced onion & tomato, black beans, corn, croutons and crisp tortilla chips, tossed in a creamy Caesar dressing and topped with a blend of cheese and charbroiled BBQ chicken breast.

**COBB SALAD \$21.99**

Roasted chicken breast, bacon, cheese, egg, tomato, cucumber, shredded beets, carrots, and avocado on top of crisp greens. Served with your choice of dressing.

**TACO SALAD \$20.99**

Caesar salad in a crispy flour tortilla bowl topped with taco chicken or beef, cheese, tomato, and onion. Served with sour cream and salsa on the side.

*Veggie Option (with black beans) \$18.99*

**HOUSE SALAD \$14.99**

Tomato, cucumber, shredded beets and carrots on top of crisp greens. Served with your choice of dressing.

**STEAK SALAD \$29.99**

7oz. AAA centre cut top sirloin charbroiled and sliced on top of a house green salad with red onion, diced peppers, tomato, and cheese. Served with honey ranch on the side.

**CANDIED PECAN & GOAT CHEESE <sup>V</sup> \$17.49**

Artisan greens, spinach, goat cheese, red onion, fresh apple, dried cranberries, and candied pecans, finished with a sweet balsamic vinaigrette.

*With roasted chicken breast and bacon \$24.99*

**CAESAR SALAD \$14.99**

Crisp romaine tossed in our garlic Caesar dressing with croutons and parmesan cheese.

*Side Caesar Salad \$8.99*

*Add Blackened chicken breast \$7.99*

*Add Sautéed jumbo shrimp \$8.99*

**CHOICES OF DRESSING:** Honey ranch, ranch, blue cheese, raspberry vinaigrette, sweet balsamic vinaigrette, or our homemade creamy garlic dill.

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## WRAPS

### CRISPY BBQ CAESAR WRAP

**\$18.99**

Crispy chicken strips tossed in sweet BBQ sauce, Caesar salad, tomato, onion, and cheese in a flour tortilla.

### VEGGIE WRAP

**\$18.49**

Lettuce, sprouts, tomato, cucumber, onion, mixed peppers, fresh hummus, balsamic reduction, and avocado in a flour tortilla.

*Add our grilled veggie patty \$3.99*

### GREEK WRAP

**\$21.49**

Our house made Metchosin lamb burger grilled and sliced with tzatziki, red onion, lettuce, tomato, cucumber, and feta in a flour tortilla.

### SPICY BUFFALO CHICKEN CLUB WRAP **\$19.49**

Crispy chicken strips tossed with hot sauce, bacon, lettuce, tomato, mixed cheese, onion, and ranch sauce in a flour tortilla.

**SIDES:** Fries, garden salad, garlic mashed potatoes, a cup of our daily soup or 1/2 fries 1/2 garden salad.

**SUBSTITUTE:** *Onion rings, chowder, yam fries, 1/2 fries 1/2 Caesar salad \$3.49*

*Substitute our veggie patty for any protein.*

## CASUAL FAVORITES

### BEEF DIP

**\$19.99**

House roasted beef on a hoagie bun toasted with garlic butter. Served with a side of rich jus for dipping.

### DELUXE BEEF DIP

**\$21.99**

House roasted beef on a hoagie bun toasted with garlic butter, topped with melted cheese and sautéed mushrooms. Served with a side of rich jus for dipping.

### STEAK SANDWICH

**\$29.99**

Charbroiled 7 oz. AAA centre cut top sirloin served on garlic bread, finished with sautéed mushrooms and onions.

### BLT

**\$16.99**

Thick cut bacon, lettuce, tomato and mayo.

### MONTE CRISTO

**\$20.99**

Roasted chicken breast and shaved ham sandwiched between melted Monterey jack cheese & golden, grilled egg battered bread. Served with a side of strawberry jam.

### CLASSIC CLUBHOUSE

**\$19.99**

Triple decker sandwich with house roasted chicken, bacon, lettuce, tomato, and mayo.

*Add avocado \$2.49*

### CHICKEN STRIPS

**\$19.99**

Served with your choice of BBQ, plum, honey mustard, or Thai peanut sauce.

**SIDES:** Fries, garden salad, garlic mashed potatoes, a cup of our daily soup or 1/2 fries 1/2 garden salad.

**SUBSTITUTE:** *Onion rings, chowder, yam fries or 1/2 fries 1/2 Caesar salad \$3.49*

### MAC & CHEESE **\$17.99**

The ultimate creamy goodness baked with aged cheddar, mozzarella, and parmesan cheese, finished with a sprinkle of green onion. Served with garlic toast


*Bacon Mac & Cheese \$20.49*

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# BURGER CORRAL

Dressed with lettuce, tomato, sliced red onion, and a pickle.

<b>HALIBUT</b>	<b>\$23.99</b>	<b>VEGGIE</b> 	<b>\$19.99</b>	<b>LAMB</b>	<b>\$22.99</b>
Grilled Pacific halibut, melted cheddar, mayo, and tartar sauce.		Charbroiled soy, brown rice, cheese, and mushroom patty topped with BBQ sauce, mushrooms, jack cheese, mustard, mayo, and relish.		Local Metchosin lamb charbroiled and served on a pretzel kaiser with tzatziki, cucumber, and feta cheese.	

## HOME MADE BEEF BURGERS

House made daily using local Berryman Brothers lean ground beef and served on a toasted brioche bun & dressed with lettuce, tomato, sliced red onion and a pickle.

<b>WORKMAN</b>	<b>\$21.99</b>	<b>WRANGLER</b>	<b>\$22.49</b>
Berryman Brothers beef, bacon, cheddar, BBQ sauce, mayo, mustard, and relish.		Berryman Brothers beef, fried onions & mushrooms, jack cheese, BBQ sauce, mayo, mustard, and relish.	
<b>WHISKEY BBQ</b>	<b>\$22.49</b>	<b>MUSHROOM JACK</b>	<b>\$21.99</b>
Berryman Brothers beef, whiskey BBQ sauce, thick cut bacon, cheddar, crispy onion tanglers, mayo, mustard, and relish.		Berryman Brothers beef, sautéed mushrooms, jack cheese, mayo, mustard, and relish.	

## CHICKEN BURGERS

served on a toasted brioche bun & dressed with lettuce, tomato, sliced red onion and a pickle.

<b>CALIFORNIA CHICKEN</b>	<b>\$22.49</b>	<b>CRISPY CHICKEN CHIPOTLE</b>	<b>\$22.49</b>
Chicken breast, bacon, jack cheese, guacamole, mayo, and sprouts.		House battered and deep-fried, with thick cut bacon, cheddar, crispy onion tanglers, mayo, and chipotle sauce.	
<b>CAJUN CHICKEN</b>	<b>\$21.99</b>	<b>CRISPY CHICKEN "BLUE MOON"</b>	<b>\$22.49</b>
Blackened chicken breast, thick cut bacon, cheddar, mayo, and ranch sauce.		House battered and deep-fried, dipped in <i>Island Chef Pepper Co.</i> West Coast hot sauce, topped with blue cheese, bread & butter pickles, crispy onion tanglers, and a honey ranch sauce.	
<b>CRISPY CHICKEN</b>	<b>\$21.99</b>		
House battered and deep-fried, with cheddar, mayo, and BBQ sauce.			

**SIDES:** Fries, garden salad, garlic mashed potatoes, a cup of our daily soup or 1/2 fries 1/2 garden salad.

**SUBSTITUTE:** *Onion rings, chowder, yam fries or 1/2 fries 1/2 Caesar salad \$3.49*

**ASK TO HAVE YOUR BURGER MADE WITH OUR VEGGIE PATTY**

**Gluten Free bun \$1.99**

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## MY-CHOSEN CLASSICS

**GRILLED BEEF LIVER \$19.99**

Lightly floured and grilled, topped with sautéed mushrooms, onions, thick cut bacon and gravy. Served with garlic toast.

**BREADED VEAL CUTLET \$20.49**

Tender veal topped with sautéed mushrooms, onions and gravy. Served with garlic toast.

**HOT ROAST BEEF SANDWICH \$21.99**

House roasted beef piled high on garlic bread, topped with sautéed mushroom, onions, and gravy.

**HOT ROAST CHICKEN SANDWICH \$21.99**

Roasted chicken breast and savoury stuffing on garlic bread, topped with chicken gravy. Served with a side of cranberry sauce.

**SIDES:** Fries, garden salad, garlic mashed potatoes, a cup of our daily soup or 1/2 fries 1/2 garden salad.

**SUBSTITUTE:** *Onion rings, chowder, yam fries or 1/2 fries 1/2 Caesar salad \$3.49*

*After 4pm make it a dinner and add stir-fried vegetables and a soup or a salad to start \$5.99*

## HOMESTYLE DINNERS

**AVAILABLE AFTER 4:00PM EVERY DAY.**

**TERIYAKI RICE BOWL V VG \$20.99**

Stir fried fresh seasonal vegetables, mushrooms, house made teriyaki sauce on white sticky rice. Finished with a sprinkle of toasted sesame seeds and green onions.

**THAI RICE BOWL \$20.99**

Stir fried mixed peppers, onion, zucchini, mushroom, and bok choy in a spicy Thai peanut sauce on white sticky rice. Finished with chopped peanuts and green onion.

**LINGUINE CARBONARA V \$23.99**

Bacon, mushrooms and green onions sautéed in a white wine cream sauce and parmesan cheese. Served with garlic toast.

**CREAMY PESTO LINGUINE \$21.49**

Tomato, spinach, mushrooms, red onion, and roasted garlic sautéed in a light pesto cream sauce and topped with parmesan cheese. Served with garlic toast.

**ADD CHICKEN \$7.99**

**ADD JUMBO SHRIMP \$8.99**

**ADD TOASTED CASHEWS \$2.99**

**PREMIUM TOP SIRLOIN STEAK \$33.99**

7 oz. AAA centre cut, well trimmed and aged, charbroiled and topped with roasted garlic herb butter. Includes a choice of potato, stir fried vegetables, garlic toast and a soup or salad to start.

**GREAT WITH YOUR STEAK**

*Sautéed garlic mushrooms \$4.49*

*Hollandaise sauce \$3.99*

*Melted blue cheese \$2.99*

*Sautéed jumbo shrimp \$8.99*

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