

# WELCOME TO **MY-CHOSEN CAFE**



## **GLUTEN SENSITIVE OPTIONS**

We would like to ensure that your experience is enjoyable! My-Chosen Cafe is **not a gluten free environment** and products containing gluten are prepared in our kitchen. The following menu items are suggestions that have been modified for our gluten sensitive guests. Items marked with a "\*" are cooked in a deep-fryer with items that contain gluten. Please remember to inform your server if you have any food allergies or dietary restrictions, so they can be sure to inform our kitchen.

Thank you!



# LATE RISER BREAKFAST

**SERVED UNTIL 4:00PM**

**REGULAR BREAKFAST \$15.99**

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

**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.

**Ask for no sausage—double bacon**

**SIDES:** *shredded hash browns, fresh or grilled tomato slices*  
**Substitute a toasted gluten free bun \$1.99**

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## PICKINS' FOR SHARING

*\*These items are cooked in a deep fryer with items that contain gluten.*

**\* SPINACH & ARTICHOKE DIP \$17.49**

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

**\* YAM FRIES \$10.99**

Lightly seasoned and served with a chipotle mayo.

Make your Pickin's a meal and add: \* Fries, garden salad **\$4.99**

**OR Caesar salad (no croutons), \* yam fries \$5.99**

ALL PRICES ARE SUBJECT TO APPLICABLE TAXES.

# SALADS

All of our meal salads are generous in size and are served with garlic toast.

**Sub Gluten Free Bun \$1.99**

## **COBB SALAD**

**\$21.99**

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

**Ask for no garlic toast.**

## **STEAK SALAD**

**\$29.99**

A 7oz. AAA Centre cut top sirloin charbroiled and sliced on top of a house green salad with red onions, diced peppers, tomatoes, and cheese. Served with honey ranch on the side.

**Ask for no garlic toast.**

## **CANDIED PECAN & GOAT CHEESE**

**\$17.49**

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

**Ask for no garlic toast.**

*With roasted chicken and bacon \$24.99*

## **\*LONGHORN CAESAR SALAD**

**\$21.49**

Crisp romaine, diced onion and 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.

**Ask for no garlic toast.**

## **CAESAR SALAD**

**\$14.99**

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

**Ask for no croutons or garlic toast.**

*Side Caesar Salad*

**\$8.99**

*Add 4 oz. blackened chicken breast*

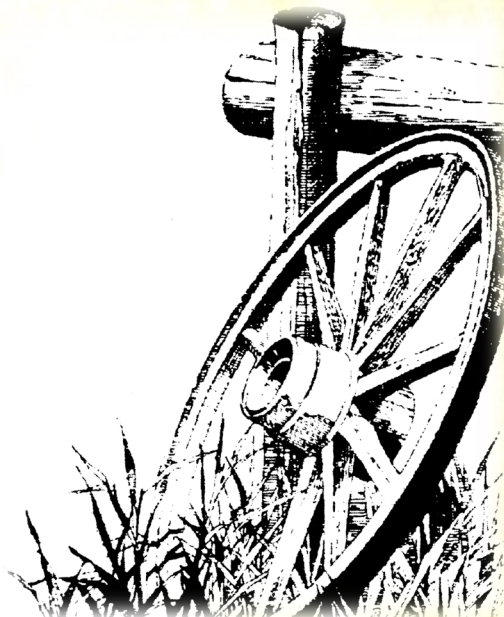
**\$7.99**

*Add sauteed jumbo shrimp*

**\$8.99**

## **Choice of gluten free dressings:**

*Ranch, honey ranch, blue cheese, sweet balsamic vinaigrette or our house made creamy garlic dill*



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# BURGER CORRAL

Dressed with tomato, sliced red onion, and pickle served on a bed of lettuce leaf (no bun) or choose to have a gluten free bun for an additional **\$1.99**

## HALIBUT

**\$23.99**

Grilled Pacific halibut, melted cheddar, mayo, and tartar sauce.

## LAMB

**\$22.99**

Ground local Metchosin lamb, charbroiled and served on a pretzel kaiser with tzatziki, cucumber, and feta cheese.

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## HOME MADE BEEF BURGERS

House made daily using local Berryman Brothers lean ground beef and dressed with tomato, sliced red onion and a pickle. Served on a bed of lettuce leaf (no bun) or choose to have a gluten free bun for an additional **\$1.99**

## WORKMAN

**\$21.99**

Berryman Brothers beef, bacon, cheddar, BBQ sauce, mayo, mustard, and relish.

## MUSHROOM JACK BURGER

**\$21.99**

Berryman Brothers beef, sautéed mushrooms, jack cheese, mayo, mustard, and relish.

## WRANGLER BURGER

**\$22.49**

Berryman Brothers beef, fried onions & mushrooms, jack cheese, BBQ sauce, mayo, mustard, and relish.

## BEEF BURGER

**\$18.99**

## CHEDDAR BURGER

**\$19.99**

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## CHICKEN BURGERS

Dressed with tomato, sliced red onion and a pickle. Served on a bed of lettuce leaf (no bun) or choose to have a gluten free bun for an additional **\$1.99**

## CALIFORNIA CHICKEN

**\$22.49**

Chicken breast, bacon, jack cheese, guacamole, mayo and sprouts.

## CAJUN CHICKEN

**\$21.99**

Blackened chicken breast, thick cut bacon, cheddar, mayo and ranch sauce.

**SIDES:** \*Fries, garden salad, garlic mashed potatoes, or \*½ fries ½ garden salad

**SUBSTITUTE:** *Caesar salad (no croutons), \*½ fries ½ Caesar salad, or \*yam fries \$3.49*

*\* Some of these items are cooked in a deep fryer with items that contain gluten.*

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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.

**Ask for not floured, no garlic toast, and no gravy.**

### STEAK SANDWICH **\$29.99**

A charbroiled 7 oz. AAA Centre Cut top sirloin on garlic bread finished with sautéed mushrooms and onions.

**Ask for no garlic toast.**

**SIDES:** \*Fries, garden salad, garlic mashed potatoes, or \*½ fries ½ garden salad

**SUBSTITUTE:** *Caesar salad (no croutons), \*½ fries ½ Caesar salad, or \*yam fries \$3.49*

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## HOMESTYLE DINNERS

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

### TERIYAKI RICE BOWL **\$20.99**

Stir fried fresh seasonal vegetables, mushrooms, house made teriyaki sauce and finished with toasted sesame seeds and green onions.

Add Chicken **\$7.99**

Add Sautéed 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 a salad to start.

**Ask for no garlic toast.**

Add Sautéed Garlic Mushrooms **\$4.49**

Add Sautéed Jumbo Shrimp **\$8.99**

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