

wild  
poppy

BISTRO

## soups salads

Two soups made daily, check the board or ask your server for details.

**Choice of dressings:** Poppy Vinaigrette, Creamy Dill, Hollyhock Nutritional Yeast Dressing.

**Today's Soup** Cup \$4.50 Bowl \$6

Served with a roll.

**House Salad** Side \$5 Full \$9

Fresh greens, shredded beets, red cabbage, carrots, bell peppers, cucumber, toasted seeds.

**Soup & Salad** \$9

A cup of soup paired with a side house salad and a roll.

**Roasted Beet Salad** (VG) \$12.50

Fresh greens, roasted beets, goat cheese, roasted hazelnuts, maple balsamic vinaigrette, served with a cup of soup and a roll.

**Grilled Romaine Salad** (NF) \$13

Grilled romaine hearts, balsamic and red onion caramel, crispy bacon, garlic & parmesan dressing.

**Buddha Bowl** (VG) (V) (DF) (NF) \$13.50

Fresh greens, roasted yams & beets, chickpea & date masala, quinoa, toasted seeds, cherry tomatoes, broccoli sprouts, Hollyhock nutritional yeast dressing.

Add: goat cheese \$3 grilled free run chicken \$5  
grilled wild caught salmon \$6 bacon \$3.50

## sandwiches

All sandwiches served on either multi-seed or white bread.

**Grilled Pastrami Sandwich** (NF) \$14

Pastrami, caraway sauerkraut, swiss cheese, Russian dressing, served with house salad or a cup of soup.

**Thai Chicken Wrap** (DF) \$14

Kaffair & tamari marinated chicken breast, Thai almond sauce, carrot & red pepper ribbons, lettuce, rice tortilla.

**Pulled Pork Grilled Cheese** (NF) \$13.50

Slow cooked pulled pork, house made BBQ sauce, aged cheddar, coleslaw, served with house salad or a cup of soup.

**Turkey Club** (DF) \$14

House roasted free run turkey, double smoked bacon, cranberry hazelnut compote, mayo, crisp greens, served with house salad or a cup of soup.

**The Poppy Burger** (NF) \$15

5oz grass fed beef patty, local cheddar, kombucha pickled onions, lettuce, tomato, grainy mustard aioli, house made bun, served with house salad or a cup of soup.

**Vegan Falafel Wrap** (VG) (V) (DF) (NF) \$14.50

House made falafels, tahini sauce, cherry tomato, cucumber & mint salsa, lettuce, rolled in a tortilla, served with house salad or a cup of soup.

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## entrees

### Today's Quiche **\$12.50**

House made quiche baked in a potato crust, served with house salad or a cup of soup.

### Fish Tacos **\$15** (DF) (NF)

Grilled wild caught salmon, fresh fruit salsa, cabbage slaw, chipotle aioli, soft corn tortillas, served with house salad.

### Shrimp & Cod Cakes **\$15** (DF) (NF)

Pan seared shrimp and cod cakes, sweet mustard aioli, served with a fresh baked roll & house salad.

### Duck Fried Rice **\$14.75** (DF) (NF)

Duck confit, tamari seasoned fried rice, local braised greens, sunny side up egg, kimchi.

### Heuvos Rancheros **\$13** (VG) (NF)

Corn tortilla topped with frijoles, cheddar, 2 eggs over easy, house made salsa & guacamole, served with house salad.

(VG) Vegetarian (V) Vegan (DF) Dairy-Free (NF) Nut-Free

PROUDLY SERVING LOCAL INGREDIENTS FROM THE FOLLOWING

PRODUCERS: **PEAKS COFFEE** | **WESTHOLME TEA**

**FARMSHIP CO-OPERATIVE VEGETABLES** | **ABUELOS FOODS**

**FARMER BEN'S EGGS** | **TREE ISLAND YOGURT** | **HERTEL MEATS**

**PHILLIPS SODA WORKS** | **FOODY BIZ SPROUTS** | **OLD FARM MARKET**

**COMMUNITY FARM STORE** | **HALTWHISTLE CHEESE COMPANY**

### Peaks Coffee -Cowichan Valley

Coffee	\$2
Mocha	\$4.50
Espresso	\$2.50
Chai Latte	\$4
Americano	\$3
London Fog	\$4.50
Latte	\$4
Hot Chocolate	\$2.50
Cappuccino	\$4

Skim, 2%, almond milk, soy milk, coconut milk.

Vanilla, caramel, hazelnut, peppermint, pumpkin spice, toffee nut **\$.50/shot**

### Keto Coffee **\$5.50**

Fresh brewed coffee, MCT oil, grass fed unsalted butter.

### Keto Tea **\$5.50**

Peppermint tea, coco butter, hemp hearts, MCT oil.

### Westholme Tea Farm NORTH COWICHAN **\$2**

Black Tea | Herbal Tea | Green Tea | Assam Breakfast  
Mysteaque | Chunmee | Classic Earl Grey  
Rooibos Chai | Jasmine | Black Lavender  
Minty Nettle | Sencha-China | Masala Chai  
Peppermint | Chamomile | Lemon Ginger

### Phillips Soda Works VICTORIA **\$3.50**

Ginger Ale | Craft Cola | Root Beer

### Assorted Juices **\$2**

Apple | Orange | Cranberry

### Good Drink Ice Tea **\$3.50**

Lemon | Mango Hibiscus & Vanilla  
Green Tea Honey & Lemon

### Perrier **\$2.50**