

# FRESH TRACKS CAFE

## Sandwiches & Wraps

Served with your choice of fries, soup, greens, or daily salad

**BLT** **\$17.50**

Sourdough with bacon, lettuce, tomato, roasted garlic aioli

**Smoked Turkey Club** **\$19.25**

House-made foccacia with smoked turkey, cheddar, bacon, lettuce, tomato, mayo, honey mustard

**Burrito** **\$17.75**

Refried pinto beans, roasted corn, jalapeño jack cheese, slaw, house-made salsa, guacamole, roasted jalapeños

Add chorizo sausage **\$2.50**

**3 Cheese Panini** **\$15.00**

House-made foccacia with cheddar, smoked gouda, Swiss cheese, herb aioli

**Chicken Panini** **\$18.50**

House-made foccacia with chicken breast, roasted red pepper, arugula, mozzarella, herb aioli

**Beef Dip** **\$21.00**

Baguette with roast beef, caramelized and crispy onions, Swiss cheese, roasted garlic aioli, with fresh rosemary dipping jus

**Saigon Sub (bánh mì)** **\$19.50**

Baguette with Vietnamese pork and shrimp herbed meatballs, cilantro, pickled Asian slaw, nuoc cham, mayo

**Gyro** **\$19.50**

Flatbread with house-made lamb and beef gyro meat, fresh dill, lettuce, cucumber, tomato, feta, tzatziki

**Glory Wrap** **\$16.00**

Flour tortilla with falafel, spinach, shredded carrot and beet, candied almonds, tahini dressing

**Booster Bagel** **\$16.50**

Frantastic Foodz' locally-made bagel with sundried tomato cream cheese, basil-walnut pesto, sprouts, tomato, red onion

## Burgers

Served with your choice of fries, soup, greens, or daily salad

**WH<sub>2</sub>O Burger** **\$18.75**

6oz patty, lettuce, tomato, onion, pickle, WH<sub>2</sub>O burger sauce

**Summit Burger** **\$20.75**

6oz patty, cheddar, bacon, lettuce, tomato, onion, pickle, WH<sub>2</sub>O burger sauce

**The Grizzly** **\$21.25**

6oz patty, smoked cheddar, bacon, panko onion rings, lettuce, tomato, onion, pickle, roasted garlic aioli

**Grilled Chicken Burger** **\$19.25**

5oz chicken breast, smoked cheddar, crispy onions, lettuce, tomato, Antoinette's chili sauce

**Fancy Pants Burger** **\$21.25**

6oz patty, greens, goat cheese, bacon, caramelized onions, roasted garlic aioli

**Powder Keg Burger** **\$20.75**

6oz patty, smoked cheddar, roasted jalapeños, lettuce, tomato, onion, pickle, Antoinette's chili sauce

**Huckleberry Trail Veggie Burger** **\$17.75**

Mushrooms, lentils, oats, quinoa, sunflower seeds, and almond flour patty with chipotle aioli, cheddar, lettuce, tomato, red onion, pickle

## Add-ons

**Dips** **\$1.25**

**Bacon** **\$3.50**

**Cheese** **\$2.50**

**Gravy** **\$2.50**

**Miso mushroom gravy** **\$3.25**

**Upgrade to Yam Fries** **\$2.50**

**Upgrade to Poutine** **\$3.50**

**Upgrade to Chili Cheese Fries** **\$3.50**

**Upgrade to Yam Poutine** **\$4.50**

 = Vegetarian

 = Vegan

 = Wheat-free

# FRESH TRACKS CAFE

## Soups, Bowls, & Salads

**Black Bean and Vegetable Chili**  **\$13.00**

Served with shredded cheddar, sour cream, cornbread


**Chili con Carne** **\$14.50**

Served with shredded cheddar, sour cream, cornbread

**Daily Soup** **\$8.00**

Served with fresh bread

**WH<sub>2</sub>O Green Salad**   **\$9.75**

Mixed greens, cucumber, tomato, carrot, beet, pea shoots, toasted seeds, with our Nelson Olive Oil Co. wild dill and Suyo cucumber white balsamic vinaigrette 

**Glory Bowl**   **\$15.00**

Brown basmati rice, marinated Silver King tofu, spinach, shredded carrot and beet, candied almonds, tahini dressing

**Green Dragon Bowl** **\$21.00**

Basmati rice or farro, arugula, avocado, edamame, cucumber, green onion, poke marinated sockeye salmon, green dragon sauce (herbed tahini dressing)

**Ymir Bowl** **\$16.25**

Coconut curry with potatoes, chickpeas, yam, red pepper, served with chicken or tofu on basmati rice, mango chutney, with naan bread

**Thai Bowl**   **\$17.25**

Rice noodles, peanut dressing, carrot, cucumber, smoked tofu, sprouts, green onion, cilantro, roasted nuts and seeds

**Beet Bowl**   **\$16.25**

Mixed greens, Dijon dressing, raw beets, roasted beets, goat cheese, pumpkin seeds, dried cranberries, candied walnuts, pea shoots

**Farro Salad**  **\$15.50**

Farro, roasted vegetables, Greek dressing, black kale, feta

## Snacks

**Fries** **\$7.25**

**Yam Fries** with chipotle mayo **\$9.75**

Add shredded cheddar **\$2.50**

**Poutine** **\$11.25**

**Yam Poutine** **\$13.75**

Sub miso mushroom gravy **\$1.00**

**Chili Cheese Fries** **\$12.75**

**Yam Chili Cheese Fries** **\$14.25**

Served with chili, shredded cheddar, sour cream

Sub vegetarian chili

**Vernon Sausage All Beef Hot Dog** **\$9.00**

**Chili Cheese Dog** **\$12.00**

## Breakfast

Served until 11am

**Breakfast Sandwich** **\$8.25**

English muffin, fried egg, sausage patty, cheddar, sprouts, tomato, mayo

Add pan fries **\$3.00**

**BELT**  **\$11.25**

Frantastic Foodz' locally-made bagel, scrambled eggs, cheddar, lettuce, tomato, mayo

Add bacon, smoked ham, or WH<sub>2</sub>O sausage **\$4.00**

**Fresh Tracks Breakfast**  **\$10.00**

2 eggs, 2 slices of toast, with pan fries

Add bacon, smoked ham, or WH<sub>2</sub>O sausage **\$4.00**

**Concentrator Breakfast Wrap** **\$16.00**

Scrambled eggs, roasted red peppers, caramelized onions, cheddar, smoked ham, spinach, garlic aioli, with pan fries and salsa

**Sleeper Hash Bowl** **\$17.00**

Over easy egg, chorizo, cheddar, peppers, onion, spinach, green onion, with pan fries

**Bacon Bun** **\$10.00**

Potato bun with bacon, smoked cheddar, tomato, mayo

Add pan fries **\$3.00**

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