

# Bites

## SANDWICHES & WRAPS

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

### **BLT** \$18.50

Sourdough with bacon, lettuce, tomato, roasted garlic aioli

### **Smoked Turkey Club** \$20.25

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

### **Burrito** \$18.75

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

Add chorizo sausage \$2.50

### **3 Cheese Panini** \$16.00

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

### **Chicken Panini** \$19.50

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

### **Beef Dip** \$22.00

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

### **Saigon Sub (bánh mì)** \$20.50

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

### **Gyro** \$20.50

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

### **Glory Wrap** \$17.00

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

### **Booster Bagel** \$17.50

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** \$19.75

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

### **Summit Burger** \$21.75

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

### **The Grizzly** \$22.25

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

### **Grilled Chicken Burger** \$20.25

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

### **Fancy Pants Burger** \$22.25

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

### **Powder Keg Burger** \$21.75

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

### **Huckleberry Trail Veggie Burger** \$18.75

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

 = Vegetarian

 = Vegan

 = Wheat-free

# Bites

## SOUPS, BOWLS, & SALADS

### **Black Bean and Vegetable Chili** 🌱 \$14.00

Served with shredded cheddar, sour cream, cornbread

### **Chili con Carne** \$15.50

Served with shredded cheddar, sour cream, cornbread

### **Daily Soup** \$9.00

Served with fresh bread

### **WH<sub>2</sub>O Green Salad** ✓ 🌱 \$10.75

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** ✓ 🌱 \$16.00

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

### **Green Dragon Bowl** \$22.00

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

### **Ymir Bowl** \$17.25

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

### **Thai Bowl** ✓ 🌱 \$18.25

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

### **Beet Bowl** 🌱 \$17.25

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

### **Farro Salad** 🌱 \$16.50

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

## SNACKS

### **Fries** \$8.25

**Yam Fries** with chipotle mayo \$10.75  
Add shredded cheddar \$2.50

### **Poutine** \$12.25

**Yam Poutine** \$14.75  
Sub miso mushroom gravy \$1.00

### **Chili Cheese Fries** \$13.75

**Yam Chili Cheese Fries** \$15.25  
Served with chili, shredded cheddar, sour cream  
Sub vegetarian chili

### **Vernon Sausage All Beef Hot Dog** \$10.00

### **Chili Cheese Dog** \$13.00

**Nachos** (after 2:30pm) \$21.00  
Add guacamole \$5.00

## 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

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