

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 focaccia 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 focaccia with cheddar, smoked gouda, Swiss cheese, herb aioli

Chicken Panini **\$18.50**

House-made focaccia 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

WH₂O Burger **\$18.75**

6oz patty, lettuce, tomato, onion, pickle, WH₂O burger sauce

Summit Burger **\$20.75**

6oz patty, cheddar, bacon, lettuce, tomato, onion, pickle, WH₂O 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

WH₂O 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 WH₂O sausage **\$4.00**

Fresh Tracks Breakfast  **\$10.00**

2 eggs, 2 slices of toast, with pan fries

Add bacon, smoked ham, or WH₂O 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**

 = Vegetarian

 = Vegan

 = Wheat-free