

FRESH TRACKS CAFE

Sandwiches & Wraps

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

BLT **\$20.00**

Sourdough with bacon, lettuce, tomato, roasted garlic aioli

Smoked Turkey Club **\$22.25**

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

Burrito **\$20.25**

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

Add chorizo sausage **\$3.00**

3 Cheese Panini **\$17.25**

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

Chicken Panini **\$21.25**

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

Beef Dip **\$23.00**

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

Saigon Sub (bánh mì) **\$22.00**

Baguette with Vietnamese pork belly, cilantro, pickled Asian slaw, nuoc cham, mayo

Gyro **\$22.50**

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

Glory Wrap **\$18.75**

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

Booster Bagel **\$19.00**

Frantastic Foodz' locally-made bagel with lemon-dill cream cheese, avocado, sprouts, tomato, red onion

Burgers

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

WH₂O Burger **\$20.50**

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

Summit Burger **\$22.75**

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

The Grizzly **\$24.00**

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

Grilled Chicken Burger **\$21.50**

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

Fancy Pants Burger **\$24.00**

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

Powder Keg Burger **\$22.75**

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

Fun-Guy Burger **\$19.00**

Grilled portobello mushroom, Brie, lettuce, tomato, cashew-thyme spread, Kansas City BBQ sauce

Add-ons

Dips **\$1.50**

Bacon **\$4.00**

Cheese **\$3.00**

Gravy **\$3.00**

Miso mushroom gravy **\$4.00**

Upgrade to Yam Fries **\$3.50**

Upgrade to Poutine **\$4.25**

Upgrade to Chili Cheese Fries **\$4.25**

Upgrade to Yam Poutine **\$4.75**

 = Vegetarian

 = Vegan

 = Wheat-free

FRESH TRACKS CAFE

Soups, Bowls, & Salads

Black Bean and Vegetable Chili 🌱 **\$15.50**

Served with shredded cheddar, sour cream, cornbread

Chili con Carne **\$17.00**

Served with shredded cheddar, sour cream, cornbread

Daily Soup **\$9.00**

Served with fresh bread

WH₂O Green Salad 🌱 🌾 **\$10.75**

Mixed greens, cucumber, tomato, carrot, beet, pea shoots, apple, roasted walnuts, with our Nelson Olive Oil Co.

Vermont Maple Dark Balsamic vinaigrette 

Add goat's cheese **\$2.00**

Glory Bowl 🌱 🌾 **\$17.50**

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

Green Dragon Bowl **\$24.00**

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

Ymir Bowl **\$18.75**

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

Thai Bowl 🌱 🌾 **\$19.75**

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

Beet Bowl 🌱 🌾 **\$18.75**

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

Spinach Salad 🌱 **\$18.50**

Baby spinach, feta, candied almonds, shredded carrot, tossed with a strawberry orange vinaigrette

Snacks

Fries **\$8.50**

Yam Fries with chipotle mayo **\$11.50**

Add shredded cheddar **\$3.00**

Poutine **\$13.75**

Yam Poutine **\$16.25**

Sub miso mushroom gravy **\$1.00**

Chili Cheese Fries **\$15.00**

Yam Chili Cheese Fries **\$17.00**

Served with chili, shredded cheddar, sour cream

Sub vegetarian chili

Vernon Sausage All Beef Hot Dog **\$10.25**

Chili Cheese Dog **\$14.00**

Breakfast

Served until 11am

Breakfast Sandwich **\$9.50**

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

Add pan fries **\$3.00**

BELT 🌱 **\$13.25**

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

Add bacon, smoked ham, or WH₂O sausage **\$4.00**

Fresh Tracks Breakfast 🌱 **\$11.00**

2 eggs, 2 slices of toast, with pan fries

Add bacon, smoked ham, or WH₂O sausage **\$4.00**

Concentrator Breakfast Wrap **\$18.25**

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

Sleeper Hash Bowl **\$19.00**

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

Bacon Bun **\$11.50**

Potato bun with bacon, smoked cheddar, tomato, mayo

Add pan fries **\$3.00**

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