



Hummingbird LODGE

Breakfast

Served until 11am

Umaga Bowl 🌱 **\$14.70**

Steamed rice with avocado, grape tomatoes, green onions, nori flakes, and toasted sesame seeds. Topped with Umaga sauce and a fried egg.

Add bacon or sausage. \$4.20

T-Crew Sandwich **\$10.50**

Fried egg topped with cheddar cheese, tomatoes, red onions, greens, hash brown rosti, and roasted garlic mayo on a warmed kaiser bun.

Add bacon or sausage. \$4.20

Bright Eye Smoothie 🌱 🌱 **\$8.65**

Banana, blueberries, flax seeds, almond milk, avocado, greens, and powder all blended together.

Grab & Go

Sausage Roll **\$5.00**

Bao Bun **\$9.00**

Baked bun stuffed with goodness.

Chicken Samosa **\$5.50**

Veggie Samosa 🌱 **\$5.50**

Cookie **\$4.00**

Granola Bar **\$4.75**

Pizza **\$7.60**

Muffin **\$4.50**

Rice Krispies Square **\$4.00**

Fruit **\$2.65**

Lunch

Served after 11am

Kootbano **\$15.25**

Thinly sliced roasted pork served on a warmed baguette with a spicy mustard. Topped with hoisin, swiss cheese, shredded carrot, pickled red onion, julienned sui choy, drizzled with almond lime dressing.

Hummingbird Bowl 🌱 🌱 **\$16.30**

Your choice of steamed rice or rice noodles. With julienned sui choy, shredded carrot, grape tomatoes, candied almonds, avocado, green and onions, drizzled with an almond lime dressing.

Add smoked pork or tofu. \$4.20

Classic Grilled Smokie **\$14.70**

Grilled smokie served on a warmed baguette and topped with all the fixings.

Canadian Belle Bowl 🌱 🌱 **\$16.30**

Greens and quinoa with spiced roasted chickpeas, grape tomatoes, avocado, pickled red onion, and grated carrots. Tossed in roasted sunflower seed vinaigrette.

Add smoked pork or tofu. \$4.20

Munggo 🌱 🌱 **\$15.75**

Slow cooked mung beans in a garlic, ginger, and tamari broth with spinach, potatoes, carrots, and onions. Served on rice and topped with grape tomatoes and crispy onions.

Add smoked pork or tofu. \$4.20



= Vegetarian



= Vegan



= Gluten-free

Prices & availability subject to change



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Hot Beverages

	8oz	12oz	16oz
Hot Apple Cider	\$3.95	\$4.75	\$5.75
Drip Coffee	\$3.50	\$4.00	\$5.75
Americano		\$4.25	\$4.25
Espresso	\$4.25		
Latte	\$5.00	\$5.25	\$5.75
Cappuccino	\$5.00	\$5.25	\$5.75
Canadiano	\$4.75	\$5.00	\$5.50
Mocha	\$5.50	\$6.00	\$6.50
Chai Latte		\$5.50	\$6.50
Golden Latte	\$5.50	\$6.00	\$6.50
Hot Chocolate	\$4.00	\$4.75	\$5.75
Matcha Latte	\$5.50	\$6.00	\$6.50
London Fog		\$5.75	
Kootenay Fog		\$5.75	
Breve	\$5.50	\$6.25	

Add 1.5oz locally-made spirits (Tonik) \$6.25
or Bailey's

Cold Beverages

Juice Bottle	\$4.00
Juice Box	\$2.75
Pop Bottle	\$4.00
San Pellegrino	\$3.75
Bottled Water	\$3.25
Sparkling Water	\$3.50

Alcoholic Beverages

Served after 9am

Jug of beer 60oz	\$23.00
Beer Pint 16oz	\$7.75
Cider Pint 16oz	\$7.75
Beer 12oz can	\$7.50
Soma Apple Cider 12oz	\$7.50
Tonik Vodka Soda 12oz	\$7.50
Backroads IPA 16oz can	\$8.50
NBC 16oz can	\$8.50
Mott's Caesar 15.5oz	\$9.50



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