

BRUNCH & LUNCH



SERVED UNTIL 3PM

BREAKFAST OFFERINGS

- 10 Hawk Oats & Toast** ★
Rolled oats, flax seed, side of toast, REAL maple syrup
Hawk Oats Boosters
+ apple cinnamon - 2 + mixed nuts - 2
+ chia seeds - 2 + dried fruit - 2
- 9 Latke Breakfast** GF ★
2 house-made potato pancakes served with sour cream, and either apple sauce or mustard
+ add hand-sliced bacon 1 slice - 2 or 3 slices - 4
+ add 2 more latkes - 3
- 8 2 Pc French Toast or Buttermilk Pancakes** ★
Served with REAL maple syrup
+ berry compote and whipped cream - 2
+ add hand-sliced bacon 1 slice - 2 or 3 slices - 4
+ extra pancake or french toast - 3
- 8 Little Hen Breakfast** ★
2 eggs, Yukon pan-fries, toast, and fruit
- 11 Hawk's Breakfast** ♥ ★ Option
2 eggs with hand-sliced bacon, breakfast sausage, or vegan patty, served with Yukon pan-fries and toast
- 14 Hawk Omelette** ★ Option
Fluffy 3 egg omelette, with either bacon, mushrooms and smoked cheddar, or vegan patty, peppers, onions, and brie, served with Yukon pan-fries and toast
- 14 Hen Frittata** ★ Option
3 eggs scrambled with spinach, tomato relish, and goat cheese or with capicola, jalapeno and havarti, topped with Yukon pan-fries and grilled baguette
- 16 Crab Cake Benedict**
2 poached eggs, sweet crab cakes, hollandaise, candied bacon, and Yukon pan-fries
- 13 Spicy Benedict** ♥
2 poached eggs, shaved capicola, basil pesto, hollandaise, english muffin, Sriracha drizzle, and Yukon pan-fries

- 13 Mel's Benedict**
2 poached eggs, pastrami, reuben spread, hollandaise, english muffin, and Yukon pan-fries
- 12 Lower Yates Benedict** ♥
2 poached eggs, wilted spinach, fresh tomato, hollandaise, fresh english muffin, and Yukon pan-fries
+ hand-sliced bacon - 2
+ avocado - 2
- 16 West Coast Latke Benny** ♥
Smoked salmon, latkes, 2 poached eggs, pickled red onions, fried capers, hollandaise, and Yukon pan-fries
- 15 Hawk's Skillet**
Smoked brisket, peppers and onions, 2 poached eggs, sauerkraut, mustard gravy, hollandaise, and Yukon pan-fries
- 13 Hen's Skillet**
Sautéed mushrooms, caramelized onions, 2 poached eggs, tomato relish, hollandaise, and Yukon pan-fries
- 15 BC Salmon Skillet**
Smoked salmon, 2 poached eggs, pickled onions, capers, hollandaise, and Yukon pan-fries
- 15 Adam's Meatball Skillet** ♥
House-made meatballs, spicy tomato sauce, 2 poached eggs, fried capers, hollandaise, and Yukon pan-fries
- 15 Bacon Breakfast Poutine Skillet**
Candied bacon, caramelized onions, smoked cheddar, 2 poached eggs, hollandaise, and Yukon pan-fries
- 18 Sirloin Steak & Eggs**
AAA Canadian sirloin grilled to your liking, 2 eggs, toast, and Yukon pan-fries

SOUPS & SALADS

- Hawk & Hen Daily Soup**
5 / 7 Cup / Bowl
- 10 Bottomless**
Served with a hand-made scone
- 10 Hawk & Hen House Salad** GF ★
Artisan greens, carrot, chickpeas, tomato, cucumber, pea shoots, with either a Sumac or Maple balsamic dressing
- 10 Bread Salad** ★
Our take on the Caesar Salad! Artisan greens, kale, spinach, pickled red onions, mushrooms, grilled bread cubes, Parmesan dressing, and crispy capers
- 11 Bird's Nest Salad** GF ★
Artisan greens, herbed quinoa, poached egg, avocado, with a Sumac dressing and mixed nuts

- 12 Strawberry Spinach Salad**
Baby spinach, fresh sliced strawberries, red onions, candied walnuts, candied bacon, and goat cheese, with a Maple balsamic dressing
- 15 Smoked Albacore Tuna Salad** GF
Artisan greens, carrot, tomato, and cucumber tossed with Sumac dressing, and topped with smoked tuna, herb aioli, and sliced almonds
- Hawk Salad Boosters**
+ chia seeds - 2 + mixed nuts - 2
+ prawns, steak or smoked salmon - 5

LUNCH OFFERINGS

- 16 Halibut Burger**
Your choice between a battered or cajun spiced halibut fillet, tartar sauce, and Artisan greens on a sesame brioche bun
- 15 Philly Cheese Steak** ♥
Strips of steak, peppers, red onions, herbed garlic aioli, and melted havarti on a grilled baguette
- 14 BBQ Brisket Sandwich**
Smoked beef brisket, caramelized onions, peppers, Hawk BBQ sauce, and goat cheese on a grilled baguette
- 14 Mel's Reuben**
Pastrami, havarti, sauerkraut, and hot mustard on marble rye topped with a sliced deli pickle
- 15 Smoked Tuna Melt**
Local albacore tuna, havarti, and fresh herb aioli on a grilled baguette
- 15 Hawk & Hen Burger** ♥
Your choice between a chicken breast or beef patty tomato relish, smoked cheddar, and Artisan greens on a sesame brioche bun
- 15 Vegan Burger** ★
Sweet potato, flax seeds, oatmeal, chickpeas, onions, roasted garlic with peppers, spinach, and tomato relish on an alpine ciabatta bun
- 10 Fried Egg Sandwich**
Fried egg, hand-sliced bacon, smoked cheddar, roasted garlic aioli, Artisan greens, and tomato on an alpine ciabatta bun
+ avocado - 2
- Sandwich/Burger Boosters**
+ hand-sliced bacon - 2 + gluten-free bun - 1
+ avocado - 2 + cheese - 2
- 16 BC Halibut & Chips** ♥
1 piece of tempura beer battered halibut, house-made coleslaw, tartar sauce, and a lemon wedge
+ extra piece of halibut - 8