

LUNCH



SERVED FROM 8AM TO 2PM
SUNDAYS 8AM TO 3PM

SOUPS

5 / 7
10

Hawk & Hen Daily Soup

Cup / Bowl

Bottomless

Served with a hand-made scone

SALADS

12

House Salad

Artisan greens, tomato, cucumber, carrots, beets and chickpeas with your choice of; maple balsamic, lemon sumac or parmesan dressing

14

Cobb Salad

Artisan greens, tomato, cucumber, avocado, bleu cheese, bacon and hardboiled egg tossed in maple balsamic.

16

Chicken Cabbage Salad

Grilled chicken breast tossed in spicy peanut dressing over thinly sliced cabbage, carrot, green onion and cilantro. Topped with pumpkin seeds, avocado and dried cranberry.

14

Hawk's Caesar

Romaine lettuce, artichoke hearts, bell peppers, tomato, cucumber and housemade croutons tossed in Chef Mike's Caesar dressing.

18

Vegan Super Caprese

Cashew mozzarella, artisan greens and fresh basil with tomato, cucumber and beans tossed in a blueberry balsamic reduction

SANDWICHES

Each come with your choice of fries, soup, salad, house chips, coleslaw or pan fries

14

Mel's Reuben

Classic Kosher goodness. Served on marble rye with emmental, mustard and housemade reuben spread.

15

Vegan Burger

House made chickpea, black bean and yam patty with tomato relish, sautéed peppers and onions and fresh spinach on a ciabatta bun.

16

Hawk&Hen Burger

Your choice of house made beef patty or grilled chicken on a brioche bun. Topped with tomato relish, roasted garlic aioli, fresh tomato and artisan greens, garnished with a pickle.

15

Chicken Caesar Wrap

Romaine lettuce, Caesar dressing, tomato slices and bacon wrapped in a flour tortilla with your choice of grilled or Cajun spiced chicken.

16

Chorizo Burger

House made chorizo patty topped with caramelized onion, avocado, Monterey jack and artisan greens. On a brioche bun with roasted garlic aioli and tomato relish.

14

Denver Sandwich

Two egg Denver omelette with ham, green peppers and red onion sandwiched between two pieces of buttery toast.



Influenced by the
West Coast Island we call home.

We've focused on local ingredients
and flavours served up in simple,
thoughtful dishes. New twists on
some old classics.

Food & drink to feel good about.

Enjoy your Stay.
Management and Staff
Hawk & Hen

