



JC's Cafe & Deli

BREAKFAST SERVED 7AM – 11AM

Homemade Yogurt & Granola Parfaits \$5.25

Homemade Yogurt & Fresh Fruit Parfait \$5.25

Hot Rolled Oats with Dried Winter Fruits, Almonds & Steamed Milk \$5.50

Organic Cereal with Milk \$4.50

Seasonal Fruit Salad Cup \$5.75

HOT BREAKFAST SANDWICHES

Breakfast English Muffin

Free Range Eggs, Double Smoked Bacon & Cheddar Cheese

\$5.95

Alpine Breakfast Croissant

Free Range Eggs, Herb Butter, Swiss Cheese & Rosemary Ham

\$6.95

JC's Breakfast Wrap

Free Range Eggs, Spiced Black Beans, Jack Cheese

With Rice, Guacamole & Tomato Salsa

\$7.50



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TOASTED BAGELS

Assorted Bagels

With Butter and/or Preserves \$4.50

Bagel & Cream Cheese \$5.00

Bagel with B.C. Wild Smoked Salmon \$8.50

BELGIAN WAFFLES

Buttermilk Waffles Baked Fresh to Order

Blueberry or Maple Syrup with Whipped Cream \$12

Banana & Walnuts with Caramel Sauce Extra \$2.00

PASTRY SHOP

Croissant \$2.95

Homemade Muffins \$3.25

Seasonal Fruit Scones \$3.25

Assorted Breakfast Breads \$3.25

Gourmet Cookie \$3.25

Freshly Baked Sticky Buns \$3.75

Butter and Preserves \$1.25



JC's Cafe & Deli

LUNCH FROM 11AM TO 3.30PM

ARTISAN SANDWICHES & BAGUETTE

Ham & Cheese

Cappicola, Salami & Prosciutto, Provolone Watercress \$8.25

Coronation Chicken Salad

Tandoori Spiced with Onion Marmalade & Pea Shoots \$8.25

Winter Root Vegetable Wrap

Grilled Marinated Vegetables, Spinach & Goats Cheese \$8.25

Deli Selection

Seasonal Inspired Sandwich Selection - Half \$5.25 Full \$8.25

Add a Bowl of Soup Extra \$7.25

HOT GRILLED PANINI

Turkey "Club House"

With Smoked Bacon, Tomato, Spinach & Mozzarella Cheese \$8.95

Grilled Cheese

Brie, Toasted Walnut, Portobello, Caramelized Pear & Rhubarb Chutney \$8.95

Cuban Pork Sandwich

Hot Smoked Pork Loin, Avocado, Salsa, Spiced Red Cabbage Slaw \$8.95

Ruben on Rye

Montreal Smoked Meat, Swiss & Caraway Onion Sauerkraut \$8.95



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LUNCH FROM 11AM TO 3.30PM

HOUSE MADE SOUPS

Soup of the Season

Homemade Sourdough Bread

Cup \$5.00/ Bowl \$7.25

Three Sisters Vegetable Chilli

Corn, Beans & Squash with Tofu & Corn Bread \$7.95

Beef & Pinto Bean Chilli

Kansas City style with Pemberton Natural Beef & Corn Bread \$7.95

SALADS AND QUICHE

Penne Pasta Salad

Parmesan with Roast Tomato Pesto \$6.50

Nita Winter Greens

Artesian Lettuces, Dried Fruit, Toasted Seeds & Cranberry Vinaigrette \$6.50

Soba Noodle Salad

Buckwheat Noodle, Mountain Vegetables & Sesame Miss Dressing \$6.95

Ancient Grains Salad

Quinoa, Seasonal Vegetable & Avocado Oil Vinaigrette \$6.95

JC' s Quiche

Free Range Egg, Seasonal Filling, Hot or Cold \$8.25