As a family owned restaurant,

we strive to serve food made with passion and love. When seasonally available, we source from local producers to provide fresh food made from scratch. Our potatoes are locally sourced from Craven, cut and oven roasted with love in house. We are happy to provide lots of gluten free and vegan options.

BENEDICTS

All benedict's are two free range eggs poached to your liking, served on an English muffin [available GF], with house made hollandaise, side of oven roasted hash browns.

UPGRADE TO GREEK HASH BROWNS +\$2

V GRILLED ASPARAGUS + BRIE \$17 Sautéed fresh asparagus with butter, lemon zest and lemon juice. Topped	V SRIRACHA
with melted brie cheese.	SALMON\$21
GF FRIED CHICKEN	Cured salmon lox, shallots, avocado,
+ AVOCADO SMASH	crispy cucumber, dill, and arugula, served with a lemon thyme cream cheese spread.
lime, salt, pepper, and arugula.	PROSCIUTTO\$18
V VEGETARIAN \$17	Goat cheese, arugula, and prosciutto.
Roasted vegetables, herb aioli, arugula, and sliced tomato.	V TRUFFLE
CLASSIC \$19	with fresh herbs, topped with local
Choice of ham, Italian sausage [not	shiitake mushrooms, fresh basil,
GF] or bacon, and sliced tomato.	creamy white wine parmigiano sauce with shaved truffles.
	*Limited quantity

GFO SWEET

All sweet breakfasts are served with a side of oven roasted hash browns and are available gluten free.

VS BELGIAN WAFFLE......\$17 House made Belgian waffle topped with powdered sugar, whipped cream and fresh berries or Nutella.

V FRENCH TOAST \$16 Two pieces of Texas cut cinnamon toast dipped in a caramel citrus infused mix, topped with powdered sugar, whipped cream, and fresh berries.

BUTTERMILK PANCAKES....... \$18

Two house made buttermilk pancakes, your choice of blueberry, chocolate chip or plain pancakes, served with a choice of meat and maple syrup.

SIDES

MEAT \$5 HASH BROWNS \$4 Side of ham, bacon or Italian sausage Oven roasted to perfection. [not GF].

EGG...... \$2 Add an additional egg to any meal.

GREEK HASH BROWNS......\$6 Oven roasted potatoes, house made Greek sauce, Greek feta, oregano.





TWO EGG BREAKFAST	512.75
Two free range eggs cooked to your liking with toast or fresh croissant your choice of ham, bacon, Italian Sausage [not GF] or roasted vegetables, and a side of oven roasted hash browns.	8,
UPGRADE TO GREEK HASH BROWNS +\$2	
THREE EGG OMELETTE Your choice of three toppings with toast or fresh croissants, your choice of ham, bacon, Italian Sausage [not GF] or roasted vegetables, and a side of oven roasted hash browns.	\$15 e
OMELETTE TOPPINGS: tomatoes, spinach, onions, ham, bacon, sausage, mushrooms, peppers, asparagus, cheese, Greek feta.	
ADDITIONAL TOPPINGS +\$1 EA	
V MEDITERRANEAN TOFU. House made tomato sauce, fresh basil, garlic, spinach, peppers, oregand scrambled tofu. Served with a side of oven roasted hash browns.	
GFO BISTRO SKILLET Scrambled eggs, oven roasted hash browns, your choice of bacon, ham Italian sausage [not GF], cheddar cheese, fresh salsa, and sriracha aiol	or
TUSCAN BREAKFAST Egg in a hole on sourdough, with grilled asparagus and tomatoes, bocconcini cheese, prosciutto, arugula, parmigiano and truffle oil. Served with a side of oven roasted hash browns.	\$20
STEAK & EGGS 6oz beef tenderloin basted in thyme garlic butter, with two free range eggs cooked to your liking. Served with oven roasted hash browns, and your choice of toast or fresh croissants.	
GFO CHICKEN & WAFFLES Bistro seasoned savoury waffle, served with a house made gluten free corn battered fried chicken breast, arugula, and a rosemary parmigiand cream sauce.	

SMALL PLATES

GF© TOAST & JAM\$4 Two slices of toast, with an assortment Two egg patty, choice of meat, and of jam and peanut butter.

GLUTEN-FREE TOAST +\$3 Courtesy of Kneaded Gluten-Free Bakeshop

CROISSANTS\$4 Four fresh baked croissants per order.

GFE AVOCADO TOAST \$13 Avocado smash, fresh lime, fresh salsa, two free range poached eggs, sriracha aioli.

GFE BLT BREAKFAST SANDWICH. \$10 Bacon, lettuce, tomato, avocado, mayo, sunny side egg and Swiss cheese.

GFS BREAKFAST SANDWICH \$6

cheddar cheese served between an English muffin.

BREAKFAST WRAP......\$8

Three free range eggs scrambled, choice of meat, cheddar cheese served in a toasted wrap.

V + *GF* **POWER BOWL \$8** House made gluten-free granola and Greek yogurt.

ADD HEMP SEEDS +\$2 ADD FRESH BERRIES +\$2 ADD CHIA SEEDS +\$2 ADD LOCAL HONEY +\$2 ADD RAW PUMPKIN SEEDS +\$2 ADD RAW ALMONDS +\$2



SOUP & SALADS

ADD SHRIMP, SALMON OR CHICKEN BREAST TO SALADS +\$8

FEATURE SOUP \$7.5	
Served with a fresh baguette.	

FRENCH ONION SOUP......\$8.5 House made soup, fresh toasted

baguette, topped with a crust of smoked gouda.

LUNCH COMBO \$14 A small bowl of our feature soup, paired with a side salad of your choice.

CAESAR SALAD\$13.5

Freshly cut romaine lettuce tossed with fresh apples, toasted pumpkin seeds, parmigiano, and house made Caesar dressing.

V STRAWBERRY + PISTACHIO SALAD\$15

Fresh strawberries, basil, spinach, heirloom tomatoes, red onions, tossed with house made balsamic vinaigrette, topped with Greek feta and roasted pistachios.

GFO LUNCH

All meals are served with a choice of a side salad, soup, or French fries.

SUBSTITUTE GREEK FRIES +\$2 SUBSTITUTE YAM FRIES +\$1.5 SUBSTITUTE GLUTEN-FREE BREAD +\$3

V APPLE BRIE MELT \$ Roasted apples, brie, house made fig jam, toasted between two pieces of flax bread.	517
	517
toasted between fresh rye and topped with a dill pickle.	6.5
House made burger with beets, gluten free oats, fresh basil, and Greek feta. Served on a brioche bun with truffle, arugula, avocado, and herb aioli.	
CHICKEN BURGER	20
BISTRO BURGER	20

House made gluten-free patty topped with thick-cut cherry-smoked bacon, cheddar cheese, avocado, red onions, arugula, tomato, and chipotle aioli.

SIDES

FRENCH FRIES \$4.5	TRUFFLE FRIES \$7
GREEK FRIES \$6	SIDE SALAD \$6
YAM FRIES \$5.5	



COFFEE & BEVERAGES

ICED COFFEE\$6	LONDON FOG\$4.5
CAPPUCINO\$4.5	-
CAFE LATTE\$4.5	Dark or White
ESPRESSO	мосна\$5
Single\$2.5	JUICE \$3
Double\$4	Apple or Grapefruit
AMERICANO\$4	ORANGE JUICE\$4
DRIP COFFEE\$3.5	POP\$3.5
CHAI LATTE\$4.5	TEA\$3

COCKTAILS

CLASSIC MIMOSA
SASKATOON BERRY MIMOSA
MANGO MIMOSA\$7 Fresh mango purée & champagne.
WAKEY WAKEY MIMOSA\$7 Grand Marnier, brandy & orange juice.
WHITE PEACH SANGRIA
BERRY SANGRIA
BRUNCH GAMES
BISTRO CAESAR

