



Online Menu

• LADYSMITH'S BEST BUNS •

Bread

Country White	4.15
Whole Wheat	4.40
8 Grain	4.65
Sunflower Molasses	4.65
Cracked Flax	4.65
White Dinner Bun 6pkg	2.60
8 Grain Dinner Roll 6pkg	2.60

Entrees & Rolls

Mac & Cheese	5.50
Ham & Cheese Quiche	4.90
Sun-dried Tomato & Pesto Quiche	4.90
Veggie Feta Quiche	4.90
Shepherds Pie (GF)	7.75
Beef Lasagna	8.75
Tortilla Pie	7.00
Sausage Roll	3.10
Veggie Roll	2.70
Salmon Roll	2.85
Beef Pot Pie	4.90
Chicken Pot Pie	4.90
Curry Chicken Pockets	2.60
Butter Chicken Samosa	5.00
Veggie Samosa	5.00

Cinnamon Buns

Sliced Almond	3.60
Cream Cheese Sliced Almond	3.60
Peanut Butter Cream Cheese	3.60

Cookies & Squares

	Small	Large
Chocolate Chip	1.00	1.90
Gingersnap	1.00	1.90
Trail Mix	1.00	1.90
Cowboy	1.00	1.90
Double Chocolate	1.00	1.90
Sugar Cookies		2.05
Date Square		2.95
Cranberry Coconut Square		2.70
Brownie		3.05

Muffins & Scones

Raspberry Cream Cheese Muffin	2.60
Blueberry White Chocolate Scone	2.60
Cheese Scone	2.60

Gluten Free

2pkg Gingersnaps	3.50
2pkg Chocolate Chip Cookie	3.50
2pkg White Chocolate Macadamia Cookie	4.50
Brownie	3.00
Nanaimo Bar	3.05
Wild Poppy Granola	13.00

Breakfast

BREAKFAST SANDWICH 6.00

Sourdough English muffin, scrambled egg, country ham & cheddar cheese. Served to you hot off the panini press

DELUXE BREAKFAST BAGEL 6.50

Toasted bagel, scrambled egg, sausage, bacon & cheddar cheese. Served to you hot off the panini press

GLUTEN FREE BREAKFAST SANDWICH 6.75

Cornmeal English muffin, scrambled egg, country ham & cheddar cheese

HUEVOS RANCHEROS WRAP 6.50

Flour tortilla, scrambled egg, frijoles, rice, tomato, cilantro, cheddar & mozzarella. Served to you hot off the panini press

KETO EGG CUP (GF) 3.75

Eggs, broccoli, cheddar, bacon, red peppers & green onion

YOGURT & GRANOLA (GF) 5.50

Homemade granola, French vanilla yogurt & berries

Pies

Apple Pie	15.45
Apple Berry Crumble Pie	15.45
Strawberry Rhubarb Pie	15.45

Dry Goods

Granola	13.00
Garlic Corn Tortilla Chips	5.50
Unsalted Tortilla Chips	5.50
Peaks Medium Roast	15.00
Peaks Dark Roast	15.00

Frozen Soups (1 litre)

Turkey Rice (GF)	10.50
Tomato Vegetable (GF)	10.50
Ham & Split Pea (GF)	10.50
Carrot & Ginger (GF)	10.50
Chicken Mulligatawny(GF)	10.50
Beef Barley (GF)	10.50

Sandwiches

EGG SALAD **5.95**

Homemade egg salad, mayo, lettuce, served on our 8 grain bread

TUNA SALAD **6.20**

Solid white tuna, mayo, dill pickle, lettuce, served on our 8 grain bread

HAM & CHEESE **6.20**

Black Forest ham, medium cheddar, mustard, mayo, lettuce & tomato, served on our 8 grain bread

TURKEY **7.25**

House roasted turkey, stuffing & cranberry sauce, mayo, served on our 8 grain bread

VEGGIE **5.95**

Pesto cream cheese, cucumber, bell peppers, tomato, lettuce & mayo, served on our 8 grain bread

ROAST BEEF **6.20**

House roasted garlic rosemary beef, cheddar cheese, tomato, lettuce, mayo & mustard, served on 8 grain bread

Salads

DRESSING OPTIONS: MAPLE BALSAMIC OR CREAMY DILL

TOSSED GREEN SALAD (VEGAN/GF) **4.15**

Tossed greens, grated carrots, red cabbage, bell peppers, toasted seeds & dried cranberries

CHEF SALAD (GF) **10.50**

House roasted chicken, black forest ham, hardboiled egg, cheddar, tossed greens, carrots, cucumber & bell peppers

Beverages

12oz Drip Coffee	1.85
16oz Drop Coffee	2.10
Cappuccino	4.50
Latte	4.50
Americano	3.00
London Fog	4.50
Bottled Water	2.00
Pepsi	1.50
Sprite	1.50
Root beer	1.50
Raspberry Kombucha	3.76
Lemon Ginger Kombucha	3.76
Blueberry Lavender Kombucha	3.76
Jasmine Hibiscus Kombucha	3.76

BUDDHA BOWL (VEGAN/GF)

11.00

Masala chickpeas, quinoa, roasted beets & yams, mixed greens, peppers & toasted almonds. dressed with our poppyseed vinaigrette

BLUEBERRY SPINACH SALAD (GF)

9.50

Spinach, sliced strawberries, red onion, toasted pecans, feta cheese, dressed with our maple balsamic vinaigrette

BEET & GOAT CHEESE SALAD (GF)

9.00

Mixed greens, roasted beets, goat cheese, quinoa, toasted pecans, dressed with our maple balsamic vinaigrette

MEDITERRANEAN CHICKEN SALAD

12.50

Shawarma style chicken atop a cherry tomato, cucumber salad with pickled red onion, hummus & feta cheese. Served with a tahini, cilantro dressing