



Online Menu

• LADYSMITH'S BEST BUNS •

Bread

Country White	5.00
Whole Wheat	5.00
8 Grain	5.25
Sunflower Molasses	5.25
Cracked Flax	5.25
White Dinner Bun 6pkg	3.25
8 Grain Dinner Roll 6pkg	3.25
Sourdough	6.00
Seedy Sourdough	6.00

Cinnamon Buns

Sliced Almond	4.25
Cream Cheese Sliced Almond	4.25
Peanut Butter Cream Cheese	4.25
Blueberry Almond	4.25
Cranberry Orange & Walnut	4.25
Chocolate Pecan	4.25
Raisin Spice	4.25
Orange Poppyseed	4.25

Beverages

12oz Drip Coffee	2.25
16oz Drop Coffee	2.50
12oz Hot Chocolate	2.50
16oz Hot Chocolate	3.50
Cappuccino	4.50
Latte	4.50
Americano	3.00
London Fog	4.50
Bottled Water	2.00
Pepsi	2.00
Ginger Ale	2.00
Root beer	1.75
Dr Pepper	2.00
Limonata	2.50
Aranciata	2.50
Orange Juice	2.00
Apple Juice	2.00

Cookies & Squares

	Small	Large
Chocolate Chip		
Gingersnap	1.10	2.00
Trail Mix	1.10	2.00
Cowboy	1.10	2.00
Double Chocolate	1.10	2.00
Sugar Cookies	1.10	2.25
Date Square		2.50
Cranberry Coconut Square		3.00
Brownie		2.85
Confetti Square		3.25
GF Brownie		3.00
GF Nanaimo Bar		3.25

Entrees & Rolls

Mac & Cheese	5.50
Ham & Cheese Quiche	5.50
Veggie Feta Quiche	5.50
Shepherds Pie (GF)	9.50
Beef Lasagna	9.75
Tortilla Pie	7.25
Sausage Roll	3.50
Veggie Roll	3.25
Salmon Roll	3.25
Beef Pot Pie	5.25
Chicken Pot Pie	5.25
Curry Chicken Pockets	3.25
Butter Chicken Samosa	5.00
Veggie Samosa	5.00

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

Pies & Tarts

Apple Pie	16.00
Apple Berry Crumble Pie	16.00
Strawberry Rhubarb Pie	16.00
Fresh Fruit Tart	4.25
Coconut Cream Tart	4.25

Muffins & Scones

Raspberry Cream Cheese Muffin	3.00
Blueberry White Chocolate Scone	3.00
Cheese Scone	3.00
Bran Muffin	3.00
Cinnamon Roll	3.00
Ham & Cheese Croissant	3.75

Breakfast

BREAKFAST SANDWICH	6.25
Sourdough English muffin, scrambled egg, country ham & cheddar cheese. Served to you hot off the panini press	

DELUXE BREAKFAST BAGEL	7.25
Toasted bagel, scrambled egg, sausage, bacon & cheddar cheese. Served to you hot off the panini press	

GF BREAKFAST SANDWICH	6.75
Cornmeal English muffin, scrambled egg, country ham & cheddar cheese	

HUEVOS RANCHEROS WRAP	6.75
Flour tortilla, scrambled egg, frijoles, rice, tomato, cilantro, cheddar & mozzarella. Served to you hot off the panini press	

CHORIZO BREAKFAST WRAP	6.75
Flour tortilla filled with scrambled eggs, shredded hash browns, chorizo sausage, pico de gallo, cheddar & mozzarella cheese	

YOGURT & GRANOLA (GF)	5.50
Homemade granola, French vanilla yogurt & berries	

Sandwiches

EGG SALAD 6.50

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

TUNA SALAD 6.50

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

HAM & CHEESE 6.50

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

TURKEY 7.50

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 6.50

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) 5.00

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

CHEF SALAD (GF) 12.00

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

BUDDHA BOWL (VEGAN/GF) 12.00

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

BEET & GOAT CHEESE SALAD (GF) 11.00

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