

## ALL DAY ENTRÉES

### Chicken & Shrimp 'Ciao' Mein

Fire-grilled free run chicken, wild prawns, house-made pesto, fresh arugula, spinach, caramelized onions and chardonnay lemon cream; tossed with egg noodles, topped with Parmesan **19**

### Chicken Stir Fry

Free run chicken, egg noodles, bok choy, red peppers, snap peas, carrots, fresh orange garnish **17**

### Harv's Curry Bowl **PLANT-BASED OPTION**

Rich curry, sweet potatoes, zucchini, golden raisins, chickpeas; choice of fire-grilled Indian spice-rubbed chicken breast or grilled garlic tofu; served with roti **17**

### Grilled Balsamic Chicken **GF**

Goat cheese, fresh tomatoes, balsamic reduction, served with smashed potatoes and seasonal vegetables **21**

### NEW Seafood Spaghettini

Seared scallops, crab, prawns, tossed with roasted tomatoes, peas in a spicy rosé sauce, parmesan **23**

### NEW Mushroom Ravioli

Cremini stuffed mushrooms sautéed with local organic mushrooms, truffle cream, aged parmesan and fresh herbs **17**

### NEW Steak with Chimichuri

Handcut 8oz aged striploin fire-grilled; served with smoked cheddar smashed potatoes, seasonal vegetables, house-made chimichuri **22**

### NEW Steak with Mushrooms

Handcut 8oz aged striploin fire grilled; served with smoked cheddar smashed potatoes, local organic truffle mushrooms, fresh herbs **24**

### NEW Steak with Seafood

Handcut 8oz aged striploin fire-grilled, crab, scallops, prawns in butter sauce; served with smoked cheddar smashed potatoes and roasted tomato **30**

### NEW Lennon's Fried Chicken

Chicken breast marinated with fresh herbs and parmesan, coated in organic gluten free cornflakes, pan fried golden, finished with roasted peppers aioli; served with seasonal vegetables and pesto spaghettini **21**

### Mac & Cheese

A traditional favourite **13** *Add pulled pork 3*

### For All My Vegan Friends **PLANT-BASED**

Quinoa, sweet potato and yam hash, avocado, lemon braised kale, zucchini spirals, vegan pesto, roti **15**

## SALADS AND MORE

### Tuna Poke Bowl

Raw albacore tuna marinated with sweet soy, chili, lime and ginger over rice, fresh avocado, edamame beans, almonds, carrots, cucumber, pickled daikon, togarashi aioli, scallions, black sesame seeds **17**

### Eat It or 'Beet' It **GF PLANT-BASED OPTION**

Fresh spinach, arugula, avocados, shredded beets and carrots, rice, toasted almonds and creamy avocado-sesame dressing; served with choice of grilled chicken or grilled garlic tofu **17**

### Big Feast Salad **GF PLANT-BASED**

Baby greens, pea shoots, local dried cranberries, organic pumpkin seeds, carrots, peppers, cucumbers, white balsamic vinaigrette **13**

### Tofu Noodle Salad

Fresh bell peppers, organic tofu, egg noodles, house-pickled daikon, bok choy, roasted cashews, sesame chili vinaigrette **16**

### Napa Salad **GF**

Organic arugula, spinach, goat cheese, spiced pecans, fresh grapes, white balsamic vinaigrette **15**

### NEW Mushroom Toast

Fire grilled focaccia wedges, roasted local organic mushrooms, caramelized onions, fresh herbs, aged parmesan **12**

### Hot Spinach & Artichoke Dip

Served with roti **14.5**

Go ahead and add some protein to your salad—we're not judgy.

Grilled Chicken Free run **6**

Garlic Prawns  **6 5 12 9**

Lamb Sausages (2) **7**

Beef Patty **5**

Ham Steak **4**

Tofu Steak **4**

Sliced Bacon (3) **5**

Avocado **2.5**

Free Run Egg **2**

## HANDHELDS

All handhelds are served on a brioche bun unless noted otherwise and come with your choice of side. Gluten-free bun/bread add \$1.50.

### **NEW Wild Fennel Bison Burger**

Hand-pressed bison patty, havarti cheese, crab, double smoked bacon, goat cheese aioli, banana pepper jam **24**

### **NEW The 5am**

Hand-pressed bison patty topped with smoked cheddar, fried egg, honey mustard ham, chipotle crema **20**

### **NEW Umami Burger**

Our beef patty with a four cheese blend, local organic truffle mushrooms, caramelized onions, house-made mayo **17**

### **The Clint Eastwood**

Our beef patty, smoked cheddar, double-smoked bacon, bourbon BBQ sauce, sautéed peppers and onions, house-made mayo **17**

### **Ruskin Ranch Burger**

Our beef patty, bourbon BBQ sauce, house-made mayo, smoked cheddar, butter lettuce, Hardbite Rock Salt & Vinegar potato chips **16**

### **Bacon & Cheese Please**

Our beef patty, double-smoked bacon, cheddar, mozzarella, lettuce, tomato, mustard, house-made mayo, caramelized onions **18**

### **Fraser Valley Chicken Sandwich**

Chicken breast, basil pesto, havarti cheese, fresh tomato, lettuce, house-made mayo **17**

### **The Big Mess**

Chicken breast fire-grilled with our Latin spice rub, topped with avocado, lettuce, tomato, chipotle creme, smoked cheddar, bourbon BBQ **18**

### **100 Mile Chicken Sandwich**

Fraser Valley free run chicken, Cheesecrafters havarti, double-smoked bacon, house-made mayo, and lettuce on 100 Mile bread (contains hazelnuts) **19**

### **Pulled Pork Sandwich**

Slow roasted pork butt, piled high with our house-made cherry chutney and napa slaw **14**

### **Grown-Up Grilled Cheese**

Double cream Brie, aged Parmesan, mozzarella, sharp cheddar, organic sourdough **16**

### **The Fiery Vegan** **PLANT-BASED**

Organic sourdough grilled crisp with virgin olive oil, house-made vegan cheddar sauce, nutritional yeast, fresh tomatoes, arugula and house-made spicy vegan mayo **16**

### **Veggie Burger** **PLANT-BASED OPTION**

House-made veggie patty with basmati, quinoa, red lentils and chickpeas; choice of vegan mayo or roasted garlic-feta aioli **16**

### **Kids Burger**

Our beef patty with cheese, mayo, ketchup on toasted brioche; served with Hardbite Rock Salt & Vinegar potato chips **12**

## THE SIDES

Bulk orders are available for take-home! Ask your server for details.

**Asian Slaw** **GF PLANT-BASED**

**Quinoa & Chickpea Salad** **GF PLANT-BASED**

Curried mango vinaigrette

**Big Feast Salad** **GF PLANT-BASED**

**Napa Salad** **GF**

**Fresh Fruit Salad** **GF PLANT-BASED**

**Tofu Noodle Salad**

**Smoked Cheddar Smashed Potatoes** **GF**

**Roasted Yam, Curry + Mango  
Chutney Soup** **GF PLANT-BASED**

**Roasted Breakfast Potatoes** **GF**

Available only until 3pm

**Mac & Cheese**

**Seasonal Vegetables** **GF**

**Hardbite Potato Chips** **GF PLANT-BASED**

Rock Salt & Vinegar

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## BREAKFAST AVAILABLE TILL 3PM

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### Big Feast Granola **GF**

Local organic oats, toasted almonds, lavender infused honey; served over fresh fruit with vanilla yogurt **11**

### Big Feast Oatmeal **GF**

Local organic oats, golden raisins, local dried cranberries, toasted almonds, cane sugar **9**

### Maple Bacon French Toast

Cranberry semolina bread egg dipped and fried golden, stuffed with maple cream cheese; topped with sautéed bacon-apple chutney **16.5**

### Lennon's French Toast

Organic sourdough dipped in egg and crusted with corn flakes; topped with sautéed bananas, apples, house-made caramel, and vanilla whip **15.5**

### What Did You Do With My Tofu? **GF PLANT-BASED**

Organic tofu, caramelized onions, zucchini pasta, raw tomato sauce, vegan kale pesto, house-made vegan cheddar sauce; served with toast and breakfast potatoes or fresh fruit salad **14**

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## MMMM... EGGS! AVAILABLE TILL 3PM

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All breakfast eggs are local free run and are served with toast and your choice of roasted breakfast potatoes or citrus infused fruit salad. Want to enjoy both sides? Order Half Fruit & Half Potatoes for an extra \$2!

**Toast Choices:** 100 Mile *Contains hazelnuts* Organic Sourdough Herb Focaccia Sprouted Wheat Cranberry Semolina White Cheddar & Garlic Sourdough Gluten-Free Add \$1.50

### NEW Mushroom Omelette

Two egg omelette stuffed with local organic mushrooms, goat cheese, fresh herbs, caramelized onions, toast **17**

### NEW Steak & Eggs **GF**

Handcut 4oz aged striploin fire-grilled; served with two eggs any style and toast **20**

### What's The Story, Morning Glory **GF**

Braised spinach, arugula, caramelized onions, topped with two free run poached eggs, butternut squash cream and roasted cashews, choice of toast **16**

### Salmon Benny

Oceanwise smoked salmon, herbed cream cheese, avocado, roasted garlic white cheddar sourdough, two poached eggs, hollandaise **18**

### Crab Benny

Fresh avocado, chipotle crema, fresh hollandaise on organic corn flake crusted sourdough **22**

### The Benny

Two eggs, fresh hollandaise, grilled herb focaccia with your choice of ham, creamed spinach, or double-smoked bacon **14**

### Veggie Benny **GF**

Our own veggie patty topped with Brie cheese, two poached eggs, house-made scallion hollandaise **16**

### Hard Days' Night

Two free run eggs, choice of double-smoked bacon (3), ham steak or merguez lamb sausage, toast **14**

### Green Eggs & Ham **GF**

Two scrambled eggs, house-made basil pesto, honey mustard ham, goat cheese, caramelized onions, served with toast **16**

### My Favourite Breakfast Sandwich

Two pieces crispy grilled roti, stuffed with fresh tomatoes, double-smoked bacon, cheesy eggs, and roasted garlic-feta aioli **16**

### Pulled Pork Hash **GF**

Slow-roasted pulled pork, roasted sweet potatoes, caramelized onions, poached eggs, topped with fresh hollandaise and bourbon BBQ sauce **18**

### Lamb Sausage Hash **GF**

Merguez-style lamb sausage, quinoa, caramelized onions, sweet potatoes, two poached eggs, house-made goat cheese hollandaise **19**

## LITTLE FEAST

Includes organic juice box, fresh fruit salad, fresh baked cookie. For kids under 10.

### Cheesy Eggs & Toast Fingers

Scrambled eggs, cheese, sprouted wheat toast **8**

### Waffle

Warm fruit compote, whipping cream, chocolate sauce *(does not come with sides as noted above)* **12**

### Lotsa Cheese Grilled Cheese

Loads of mozzarella and cheddar cheeses melted on organic sourdough **8**

### Stella's Amazing Tacos (2)

Pulled pork, bourbon BBQ, coleslaw, fresh avocado on crisp roti **8**

### Hawaiian Tropics

Roti sandwich stuffed with honey ham, pineapple, cheese, and tomato sauce **8**

### Mac & Cheese

A traditional favourite made with noodles **8**

## SWEETS

### Raspberry Almond Bars **GF**

Gluten-free oat base, house-made raspberry jam, almonds, butterscotch chips **4**

### Rocky Ridge Bar **GF**

Gluten-free crust topped with caramel, chocolate ganache, pumpkin seeds, spiced pecans, almonds **4**

### Butterscotch Pot de Crème **GF**

Topped with Baileys ganache and crispy rice pearls **8**

### Coconut S'Mores **GF VEGAN**

Pecan date bottom, organic cocoa middle, raw agave, coconut topping **5**

### Baked Cheesecake

Baked with fresh lemon zest on a graham crust; topped with seasonal in-house preserves **7**

## NON ALCOHOLIC DRINKS

|                                       |                    |
|---------------------------------------|--------------------|
| Americano                             | 2.90 / 3.50 / 4.00 |
| Cappuccino                            | 3.75 / 4.25 / 4.50 |
| Latté                                 | 3.90 / 4.50 / 5.00 |
| Flavoured Latté                       | 4.50 / 5.15 / 5.65 |
| Caramel Macchiato                     | 4.50 / 5.25 / 5.75 |
| Chai Latté                            | 4.50 / 5.25 / 5.75 |
| Mocha                                 | 4.60 / 5.50 / 5.90 |
| White Chocolate Mocha                 | 4.60 / 5.50 / 5.90 |
| London Fog                            | 4.50 / 5.25 / 5.75 |
| Drip Coffee                           | 2.70 / 3.20 / 3.50 |
| Hot Chocolate                         | 3.50 / 4.15 / 4.75 |
| Kid's Hot Chocolate                   | 3.25               |
| Espresso Shot                         | 1.00               |
| Add Flavour Shot                      | 1.00               |
| Sub Soy / Almond / Coconut / Oat Milk | 1.25               |

### Organic Teas **3.5**

Earl Grey, Gunpowder Green, Roasted Coconut  
*Herbal:* Chamomile Lavender, Mint

### Pure Leaf Iced Tea **4**

Lemon, Peach, or Raspberry

### Bubly Sodas **1.5**

Grapefruit, Orange, Cherry, or Lime

### Phillips Sodas **3.5**

Sparkmouth Ginger Ale, Captain Electro's Root Beer, Dare Devil Orange Cream, or Speed King Craft Cola

### Kombucha **6**

Ginger or Pineapple Peach

### Blue Monkey Coconut Water **3.25**

### Premium Juices *12oz 4 16oz 6*

Orange, Cranberry, Mango

### Organic Unfiltered Apple Juice *12oz 4 16oz 6*

### Milk **3**

### Chocolate Milk **3.5**

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## COCKTAILS

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**Big Feast Caesar** **VEGAN** 1 oz 7 2 oz 10

Vodka, vegan Walters, house-made gluten-free worcestershire, house-made hot sauce; house-made spicy carrot, pickled beet, Blazes Bean

**Raspberry Mojito** 1 oz 7 2 oz 10.5

White rum, soda, raspberry purée, fresh mint, fresh lime, house-made simple syrup

**Summer Sunrise Mimosa** 1 oz 5

Sparkling apple juice, vodka, fresh squeezed orange juice, mango, maraschino cherry

**Classic Mimosa** 3 oz 6

Sparkling wine and orange juice

**Big Feast Mango Mimosa** 3 oz 6

Sparkling wine and mango juice

**Baileys Latté** 1 oz 6.5 2 oz 10

Saltspring espresso, steamed milk, Baileys; topped with fresh Baileys whipped cream

**Big Feast Cold Coffee** 1 oz 6.5 2 oz 10

Iced espresso, milk, Kahlua; topped with Baileys

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## BEER, CIDER, ETC.

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**Driftwood New Growth** 355 ml 5

**Driftwood Cry Me A River Gose** 473 ml 6

**Driftwood Fat Tug IPA** 355 ml 5

**Driftwood Viewfield Brett Saison** 473 ml 6

**NEW Whistler Grapefruit Ale** 355 ml 5

**Whistler Mountain Lager** 355 ml 5

**Whistler Bear Paw Honey Lager** 330 ml 5

**NEW Okanagan Cider** 355 ml 5

Choose from Peach or Pear

**NEW Wards Apple Cider** 355 ml 5

**NEW Glutenberg Gluten-Free Beer** 473 ml 7

Choose from IPA or Blonde

**NEW Bling Sparkling Wine** 355 ml 8

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## WINE

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**The View Winery Silver Lining White**

6 oz 7 9 oz 10 750 ml Bottle 30

**Mission Hills Family Estates Pinot Grigio**

6 oz 8 9 oz 11 750 ml Bottle 32

**Mission Hills Family Estates Chardonnay**

6 oz 8 9 oz 11 750 ml Bottle 32

**The View Winery Sparkling Rosé**

750 ml Bottle 30

**The View Winery Silver Lining Red**

6 oz 7 9 oz 10 750 ml Bottle 30

**Fernwalk Winery Pinot Noir**

6 oz 8 9 oz 11 750 ml Bottle 35

**Longhand Cabernet Merlot**

6 oz 8 9 oz 11 750 ml Bottle 35