

Breakfast



Tree House Breakfast \$16.75 *

Two free range eggs (sunny, over or scrambled) served with home fries, seed toast and choice of bacon, maple sausage or warm spiced beans

Forester's Breakfast \$18.95 *

Three free range eggs (sunny, over or scrambled) served with bacon, maple sausage, home fries and seed toast

Scrambled Eggs and Cheese \$13.95 *

Two free range eggs scrambled with jack & cheddar cheese served with home fries and seed toast

Eggs and Toast \$10.95 *

Two free range eggs (sunny, over or scrambled) served with seed toast

Add bacon, maple sausage, or spiced beans for \$3.95

Tofu Scramble \$17.95 * ①

Local organic Soya Nova tofu scrambled with spinach, tomato, green onions and monterey jack & cheddar cheese

Served with home fries, homemade salsa and seed toast

Granola with Yogurt & Berries \$10.95 ①

Classic Tree House granola served with toasted pumpkin seeds, berry compote, yogurt and real maple syrup

Huevos Rancheros \$18.50 GF

Two sunny free range eggs baked with jalapeños, cilantro, green onions and monterey jack & cheddar cheese on corn tortillas with mesa red sauce. Served with warm spiced beans, home fries, and homemade salsa

Mexi Scramble \$18.50 GF

Two free range eggs scrambled with jalapeños, cilantro, green onions and monterey jack & cheddar cheese. Served with warm spiced beans, home fries, corn tortillas and homemade salsa

Breakfast Burrito \$18.50

Two free range scrambled eggs, warm spiced beans, monterey jack & cheddar cheese in a whole wheat tortilla with mesa red sauce Served with home fries, sour cream and homemade salsa

Our bread is baked fresh daily by Embe Bakery

Add

Guacamole \$2.95

Avocado \$3.50

Sour cream .75

Salsa .60

GF Gluten Free

* Substitute gluten free toast (\$1.25) for GF

① Ask your server how we can modify your meal to be vegan

Please be aware that our kitchen uses peanuts, shellfish and many other delicious ingredients

Inform your server if you have severe allergies

No Substitutions Please

Lunch & Dinner



Appetizers

Hummus \$12.95 * ①

Chickpeas, tahini and garlic blended with lemon and spices. Served with warm naan bread

Tzatziki \$12.95 *

Greek style yogurt blended with cucumbers, lemon, garlic and dill. Served with warm naan bread

Bowls

Soup of the Day

\$11.50

Warm up with our yummy homemade vegetarian soup
Served with naan bread
(Sub gluten free bread for \$1.25)

Thai Green Curry GF

Spicy green curry with mushrooms, potatoes, peas, sweet baby corn, coconut milk and kaffir lime leaves, topped with thai basil, peanuts, cilantro and lime
Served with jasmine rice

Free Range Chicken \$22.95

Local Organic Tofu \$22.95

Ocean Wise Prawns \$23.95

Add warm naan bread for \$1.50

Butternut Squash Stew \$18.50 GF ①

Butternut squash and kidney beans in a lightly spiced tomato broth
Served with jasmine rice, cilantro and cornbread muffin

Lamb Stew \$23.50 GF

Spiced ground lamb, butternut squash and kidney beans in a lightly spiced tomato broth
Served with jasmine rice, cilantro and cornbread muffin

Sides

Sour Cream .75

Salsa .60

Avocado \$3.50

Guacamole \$2.95

Sautéed Mushrooms \$3.95

Add Bacon \$2.95

*Sub Corn Tortilla, gluten free bread (\$1.75) or gluten free bun (\$1.95) for GF

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Burgers & Sandwiches

Served with house greens or caesar salad
Substitute cup of homemade soup for \$1.50

Salmon Sandwich \$23.95 *

Grilled 6oz wild sockeye salmon fillet served on grilled ciabatta bun with greens, tomato, chipotle mayo and pickled red onion

Tree House Club Sandwich \$19.75 *

Free range chicken breast, bacon, cheddar cheese, greens, mayo and tomato on three slices of toasted sour rye bread

Classic BLT \$17.50 *

Greens, tomato and lots of bacon with mayo on toasted sour rye bread

Cranberry Chicken Sandwich \$21.75 *

Grilled free range chicken breast on a grilled ciabatta bun, smothered in homemade cranberry chutney, with cream cheese, greens, mayo, tomato and red onion

Roasted Yam Quesadilla \$21.75 * (V)

Roasted yams, mesa red sauce, toasted pumpkin seeds, cilantro and jack and cheddar cheese, grilled in a whole wheat tortilla. Served with sour cream and homemade salsa

Grilled Halloumi Gyro \$21.75

Marinated halloumi cheese with tzatziki and fresh chopped tomato, red onion and cucumber salad wrapped in warm naan bread

Lamb Gyro \$22.95

Spiced ground lamb with tzatziki and fresh chopped tomato, red onion and cucumber salad wrapped in warm naan bread

Tree House Deluxe Burger \$22.50 *

Free range, grass fed BC beef burger, sautéed mushrooms, bacon and cheddar cheese, served on a grilled ciabatta bun with mayo, greens, tomato and red onion

Tree House Cheese Burger \$20.50 *

Free range, grass fed BC beef burger with cheddar cheese, served on a grilled ciabatta bun with mayo, greens, tomato and red onion

Tree House Beef Burger \$19.50 *

Free range, grass fed BC beef burger, served on a grilled ciabatta bun with mayo, greens, tomato and red onion

Tree House Lamb Burger \$22.95 *

Spiced ground lamb, served on a grilled ciabatta bun with apricot chutney, cream cheese, mayo, greens, tomato and red onion

Veggie Burger \$20.95 (V) *

Vegan and gluten free Beyond Meat veggie burger patty, with cheddar cheese, served on a grilled ciabatta bun with mayo, greens, alfalfa sprouts, tomato and red onion

Chicken Souvlaki \$21.75

Marinated chicken breast with tzatziki and fresh chopped tomato, red onion and cucumber salad wrapped in warm naan bread

Chicken Shawarma \$21.75

Marinated chicken breast with hummus, fresh chopped tomato, red onion and cucumber salad wrapped in warm naan bread. Served with a fiery chili paste

Our beef is from 63 Acres Beef and is raised free range in southern BC, steroid and hormone free

Our "Farm-To-Plate" Chicken is free-run & hormone-free and comes from Rosstown Farms in Abbotsford, BC

Our seafood is all Ocean Wise



18% gratuity will be added to groups of eight or more



Salads

Served with warm naan bread
Substitute gluten free bread for \$1.25

Thai Peanut Chicken or Tofu & Greens

\$22.95 * (V)

Baked local organic Soya Nova tofu or free range chicken served with our thai peanut sauce on mixed greens with tamari roasted sunflower seeds, cucumber, local alfalfa and mustard sprouts, tomato and grated carrots
Served with homemade balsamic vinaigrette

House Greens \$17.50 * (V)

Mixed greens topped with tamari roasted sunflower seeds, cucumber, local alfalfa and mustard sprouts, tomato and grated carrots
Served with homemade balsamic vinaigrette

Caesar Salad \$17.50

Crisp romaine, homemade dressing, homemade croutons, parmesan & lemon

Add real bacon bits for \$1.95

Sub Corn Tortilla for Vegan

Add to your Salad

Wild Sockeye

Salmon Fillet \$12.95 GF

Six ounce grilled ocean wise salmon

Pan Seared Prawns \$8.95 GF

Five seared ocean wise tiger prawns

Grilled Chicken Breast \$7.95 GF

BC raised free range chicken breast

Local Organic Soya Nova Tofu \$6.95 GF

Baked with sesame tamari sauce

Avocado \$3.50 GF

Ask about our Dinner Features (available after 5pm)

Desserts

Feature Dessert	\$9.95
Gluten Free Brownie	\$6.50
Peanut Butter Square	\$6.50
Date Square	\$6.50

*Sub Corn Tortilla, gluten free bread (\$1.75) or gluten free bun (\$1.95) for GF

(V) Ask your server how we can modify your meal to be vegan

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Children's Menu

For children 12 years and under

Breakfast

Scrambled Eggs and Cheese \$7

One scrambled egg with jack and cheddar cheese, one piece of bacon or sausage and one piece toast

Peanut Butter and Banana Sandwich \$7

Yummy kid's classic on french bread

Waffles \$7

Two waffles with berries and real maple syrup

Granola with Milk and Berries \$7

Classic Tree House granola served with toasted pumpkin seeds, berries and milk

Cinnamon Toast \$4

Cinnamon and sugar sprinkled on toasted seed bread

Lunch and Dinner

Kid's Tree House Burger \$8

Child-sized portion of our famous Tree House burger
Add cheese .75

Kid's Veggie Burger \$8

Child-sized portion of our Tree House veggie cheese burger

Cheese Naan Pizza \$7

Cheddar cheese melted on naan bread

Canadian Naan Pizza \$8

Bacon and cheese melted on naan bread

Peanut Butter and Banana Sandwich \$7

Yummy kid's classic on french bread

Grilled Cheese \$7

Cheddar cheese grilled on french bread

Grilled Bacon and Cheese \$8

Bacon with jack and cheddar cheese grilled on french bread

Kid's Rice Bowl \$9

Rice, chicken or tofu, carrots

Cheese Quesadilla \$8

Jack and cheddar cheese grilled in whole wheat flour tortilla served with sour cream
Add chicken or tofu \$3

Corn tortillas available upon request

Drinks

Kid's hot chocolate \$3.50

Kid's steamer \$3

Kid's Milk \$1.75

Apple or Orange Juice \$2.25

Kid's Shirley Temple \$2.50



Tree House Cafe

Hot Drinks

Chai Latte	5.65
Chaidier (Chai and apple cider)	6.20
Dirty Chai (Chai and espresso)	6.65
Matcha Latte	6.25
Matcha Americano	4.80
Yerba Mate Latte	5.85
Yerba Mate	4.75
Hot Chocolate	5.20
Steamer	4.75
London Fog	5.45
Teddy Bear (Tea Latte)	4.35
Hot Organic Apple Cider	4.95

Espresso Drinks

All of our espresso drinks are made with a double shot

Espresso	3.20
Americano	3.40
Espresso Macchiato	3.50
Cappuccino	4.40
Latte	4.80
Mocha	5.45
Americano Misto	4.30
Iced Latte	4.80
Iced Mocha	5.45

Coffee

3.75

Salt Spring Coffee Co

Organic &
fair trade

Tea

3.50

Orange Pekoe

Earl Grey

English Breakfast

Green

Chamomile

Rooibos

Mint

Chai

Syrup Flavours

Caramel, Hazelnut,
Vanilla, Cane Syrup,
Peppermint, Pumpkin Spice,
Cherry, Orange, Lemon,
Raspberry, Lavender,
Guava, Hibiscus
Sugar-Free Vanilla

Cold Drinks

Italian Soda	3.95
Italian Cream Soda	4.25
Yerba Mate - Lemon or Mint	4.75
Snapple Lemon Iced Tea	3.75
Moonshine Mama's Elixir Shot	2.95
Add Soda	1.50
Cranberry and Soda	3.95
Apple Juice	3.50
Happy Planet Orange Juice	4.50
Shirley Temple	3.50
Iced Chai	5.65
Perrier (330ml)	3.25
Pop	2.95
(Coke, Diet Coke, Root Beer Ginger Ale, Sprite, Club Soda)	

Additions and Substitutions

Extra espresso shot	1.00
Flavoured syrup	1.00
Chocolate sauce	1.00
Add whipped cream	.75
Sub soy, oat or almond milk	1.00



Alcoholic Beverages

Beer and Cider

On Tap

Phillips Blue Buck

Smooth pale ale with a lightly hopped finish
Pint(16oz) \$7.95 Glass(12oz) \$6.25

Salt Spring Brewing Co. Seasonal Brew

Ask your server what we currently have on tap!
Pint(16oz) \$7.95 Glass(12oz) \$6.25

Salt Spring Wild Cider Semi-Dry Cider (6.8%)

Organic apples picked from local orchards
Glass(10oz) \$9.50

Bottled/Canned Beer

Hoyne Pilsner(355ml) \$7.95

Hoyne Por Favor Lager (355ml) \$7.95

Hoyne Among Giants IPA (355ml) \$7.95

Hoyne Dark Matter (355ml) \$7.95

Beck's Non Alcoholic \$4.50

Cocktails

Spicy Caesar \$9.95 (1oz)

Vodka, clamato, tabasco, and worcestershire over ice, served with lime and a skewer of olives

Dark and Stormy \$9.95 (1oz)

Gosling's dark rum, ginger beer and lime

Aperol Spritz \$12.95

1oz Aperol, 3oz prosecco and a splash of soda

The Palm \$11.95 (1.75oz)

Espolon tequila, Aperol and lime juice shaken and topped with soda

Treehouse Turmeric Margarita \$11.95 (1.5oz)

Moonshine Mama's turmeric elixir, tequila, triple sec and a splash of orange juice served on the rocks with a salt and ancho rim

Margarita \$11.50 (1.5oz)

Classic lime Margarita on the rocks with Tequila and Triple Sec

Mimosas \$12.95

A choice of orange or grapefruit juice, served with a personal size 6oz bottle of Freixenet Cordon Negro Brut

Hi-Balls \$8.95 (1oz)

Glenfiddich Single malt Scotch \$9.95 (1oz)

Jameson Irish Whiskey \$8.95 (1oz)

Espolon Tequila Reposado \$8.95 (1oz)

Blue Agave Tequila

Hot Drinks

\$10.95

Polar Bear Hot Chocolate (1oz)

Peppermint schnapps, Creme de Cacao and chocolate sauce topped with steamed milk and whipped cream

Coffee with Liqueur (1oz)

Salt Spring Coffee Co. organic coffee with a choice of Kahlua, Bailey's, Grand Marnier, Amaretto or Brandy, topped with whipped cream

Blueberry Tea (1oz)

Grand Marnier and Amaretto served with a pot of Orange Pekoe tea and a cinnamon stick

Whiskey Chaider (1oz)

Crown Royal with organic hot apple cider and spiced chai steamed with cinnamon and cloves

Turmeric Hot Toddy (1oz)

Moonshine Mama's elixir, honey, lemon juice and Crown Royal

Taxes not included



Reds

Jackson Triggs - Shiraz (Canada)

6 oz Glass \$7.50 9 oz Glass \$10.50 1/2 litre \$20

Finca Los Primos - Malbec (Argentina)

1/2 litre \$24 Bottle \$32

Garry Oaks - Pinot Noir (Salt Spring Island)

Bottle \$50

J Lohr - Cabernet Sauvignon (California)

Bottle \$52

Whites

Jackson Triggs - Pinot Grigio (Canada)

6 oz Glass \$7.50 9 oz Glass \$10.50 1/2 litre \$20

Kim Crawford - Sauvignon Blanc (New Zealand)

1/2 litre \$34 Bottle \$45

Kutatas - Ortega (Salt Spring Island)

Bottle \$47

Garry Oaks - Pinot Gris (Salt Spring Island)

Bottle \$49

(All bottles 750ml)

Rose and Bubbles

Kutatas - Rose (Salt Spring Island)

Bottle \$43

Villa Teresa - Prosecco (Italy)

Bottle \$43

Freixenet Cordon Negro Brut (Spain)

Personal sized 6 oz Bottle \$11

Taxes not included