REGIONAL
Meadow Creek Spanish Chorizo Hash 20.00
fingerling potatoes, blistered cherry tomatoes, Granny Smith apples, jalapeños, poached eggs, cilantro
AVO & EGGS BI 17.00
maple glazed hickory smoked bacon, lettuce, tomatoes, cage free eggs, smashed avocado, toasted buni, rosemary potatoes, add cheddar, chives, brisk or prosciutto 2.00
SMOKED BC STEELHEAD SALMON 20.00
local artisan toasted bagel, cream cheese, vine ripened tomatoes, capers, red onion
BELGIAN WAFFLE OR BUTTERMILK PANCAKES with Canadian maple syrup and butter 16.00
with fruit compote and whipped cream 20.50
with roasted banana, granola and nutella 20.50
option: gluten-free pancakes or gluten-free waffles not available 20.50
QUINOA BREAKFAST BOWL 20.00
peppers, wilted greens, corn, yam, pico de gallo, poached egg, avocado, crispy tortilla, cilantro lime vinaigrette
OCEAN WISE VEGAN GLUTEN FREE DAIRY FREE

COMFORT
ORGANIC STEEL CUT OATMEAL 14.00
choice of one side: banana-strawberry, almond granola, roasted apple, pear or brown sugar & raisins your choice of milk, whole, 2%, or skim
SPINACH & MUSHROOM EGG WHITE OMELET 20.00
baby spinach, mushroom, Gluten Free Organsics greens
CLASSIC BREAKFAST 20.00
two cage free eggs, two slices of bacon, two chicken sausage, rosemary potatoes and toast
THREE EGG OMELET 21.00
with rosemary potatoes your choice of three fillings: mushrooms, peppers, onion, tomato, cheddar, spinach, ham
BREAKFAST GREENS & EGG 18.00
Gluten Free Organsics greens, hollandaise vinaigrette, pickled red onion, lemon aioli, heirloom tomatoes, avocado, poached egg
AÇAI BOWL V 19.00
house granola, mixedberries, banana, açai coconut cream, flax and chia seeds, coconut chips, goji berries, quinoa, hemp hearts

ALTERNATIVES
CONTINENTAL BREAKFAST 18.00
basket of baked goods, juice and coffee or tea
LOCAL SEASONAL FRUIT AND BERRIES 14.00
HOUSE MADE GRANOLA with milk 6.00
PLAIN YOGURT 6.00
YOGURT GRANOLA PARFAIT 12.00
house made granola, yogurt, berry compote
ROSEMARY POTATOES 7.00
CAFE FREE EGG 3.50
NATURALLY CURED BACON, MAPLE HAM OR CHICKEN SAUSAGE 7.00
CROISSANT, DANISH OR MUFFIN 6.00
CARROT CAKE LOAF 11.00
LOCAL ARTISAN BAGEL WITH CREAM CHEESE 7.00
WHOLE WHEAT, SOURDOUGH, MULTIGRAIN, WHITE OR GLUTEN FREE TOAST 5.00

APPETIZERS
ROMA TOMATO BISQUE cup 5.00 BOWL 11.00
grilled ciabatta, chives, parmesan, vegan
MOSAIC SEAFOOD CHOWDER cup 7.00 BOWL 14.00
BC fish, clams, mussels, fennel, croutons, chive oil
MOSAIC MAC & CHEESE 15.00
smoked cheddar, gruyere, parmesan, with spiced chicken 20.00
with Arugula vinaigrette 18.00
CRISPY CAULIFLOWER V 12.00
green garlic aioli, hummus, tamarind ketchup

ENTRÉE SALADS
GLORIOUS ORGANICS MIXED GREEN SALAD V 10.00
tomatoes, cucumbers, carrots, balsamic vinaigrette
KALE CAESAR 16.00
toasted pumpkin seed, parmesan, anchovy, smoked garlic caesar dressing,
with chicken breast 21.00
with BC wild salmon 23.00
COBB SALAD 18.00
smoked bacon, egg, avocado, baby blue cheese, tomatoes, lemon-dijon vinaigrette
with chicken breast 21.00
with BC wild salmon 23.00

SANDWICHES
MOSAIC KOREAN BURGER 18.00
Kobe beef, fried buns, sprouts, double smoked bacon, blue cheese aioli, brioche bun
ADD: fried egg, white cheddar, sautéed mushrooms, bure or avocado 2.00 each
BLT 15.00
double smoked bacon, romaine, heirloom tomatoes, avocado, asie, apple sunflower seed bread
ADD: cheddar cheese, turkey 2.00 each
CHICKEN & AVOCADO 17.00
chicken breast, avocado, spinach, honey mustard, apple chutney, apple sunflowerseed bread
BEYOND PORTABELLA BURGER 16.00
Beyond meat patty, portabello mushrooms, gluten free bun, cashew cheese
PIZZA
MARGHERITA 16.00
buffalo mozzarella, vine ripened tomatoes, fried basil, vegetarian
PEPPERONI AND MUSHROOM 16.00
pepperoni, mushrooms, fontina and mozzarella
SPINACH AND ARUGULA 16.00
fresh spinach and arugula, mozzarella, fontina, vegetarian
QUATTRO 16.00
parmesan, mozzarella, fontina and blue cheese, vegetarian

ENTRÉES
CANADIAN ANGUS STRIPLOIN 39.00
10 oz. premium AAA beef, arichoke, king oyster mushroom, mustard, mashed Yukon gold potatoes, red wine jus
FARM CREST CHICKEN BREAST 24.00
carrot puree, banana gnocchi, wild mushrooms, asparagus, almonds, white wine sauce
BUTTER CHICKEN 21.00
termeric rice, pistachio, naan, grilled naan
GRILLED SALMON 28.00
BC wild salmon, young carrots, wilted greens, roasted potatoes and beurre blanc
DAILY VEGETARIAN PASTA FEATURE please ask your server for the creation of the day 16.00
BUDDHA BOWL 21.00
red quinoa, green chick peas, cauliflower, spinach, roasted seeds, tomato, cashew, avocado, pickled red onion
DESSERT
MOSAIC CHOCOLATE CAKE 15.00
tripe chocolate cake with seasonal berries
LOCALLY MADE GELATO AND SORBET 8.00
two scoops, daily selection
COCONUT CHIA SEED PUDDING V 6.00
seasonal berries

JUMP STARTERS
TOP YOUR OWN TACO 6.95
scrambled egg, diced tortilla and fun toppings
SCRAMBLED EGGS AND TURKEY SAUSAGE 6.05
with toast and a side of chips
GLUTEN FREE BLUEBERRY CINNAMON PANCAKES 6.95
with assorted fruits, fresh herbs and honey
PANCAKES 5.05
whole wheat or plain, granola, maple syrup, fruit sauces
WELLSHIRE FARM HOT DOG 6.95
All beef wiener on a fresh bun with fresh fruit or carrots
YORKSHIRE VALLEY FARMS ORGANIC CHICKEN TENDERS 6.95
honey mustard dipping sauce, fresh fruit or carrots
SPAGHETTI AND MEATBALLS 6.95
with marinara sauce, parmesan cheese and a garden salad
GRILLED STEAK, CHICKEN OR BC SALMON 8.95
with roasted potato, vegetables and a garden salad

FUN FUEL

BEVERAGES
WHITE WINE BY THE GLASS 6 oz
Peller Estates, Chardonnay, BC 9.00
Castello Di Gabiano, Pinot Grigio, Italy 12.00
Maverick, Sauvignon Blanc, BC 16.00
Cedar Creek, Chardonnay 15.00
Kim Crawford, Sauvignon Blanc, NZ 17.00
Hess Select, Chardonnay, CA 17.00
RED WINE BY THE GLASS 6 oz
Peller Estates, Merlot, BC 9.00
Alamos, Malbec, ARG 14.00
Conviction, Red Blend, BC 14.00
Mission Hill, Cab/ Merlot, BC 15.00
Mission Hill Reserve, Merlot, BC 17.00
Hawks Crest, Cabernet Sauvignon, CA 17.00
DOMESTIC BEER 7.00
Molson Canadian, Budweiser, Bud Light, Coors Light
IMPORTED BEER 8.00
Corona, Guinness, Heineken, Stella Artois