FRESH TRACKS CAFE

SANDWICHES & WRAPS

Served with your choice of fries, soup, greens, or daily salad

BLT **$21.00**
Sourdough with bacon, lettuce, tomato, roasted garlic aioli

Smoked Turkey Club **$23.25**
House-made focaccia with smoked turkey, cheddar, bacon, lettuce, tomato, mayo, honey mustard

Burrito **$21.25**
Refried pinto beans, roasted corn, jalapeño jack cheese, cole slaw, house-made salsa, avocado salsa, roasted jalapeños
Add chorizo sausage $4.00

Veggie Muffaletta **$21.00**
Roasted eggplant, artichoke hearts, spinach, green olive and pepperoncini relish, tomato jam, Parmesan

Chicken Panini **$21.25**
House-made focaccia with chicken breast, roasted red pepper, arugula, mozzarella, herb aoili

Beef Dip **$23.00**
Baguette with roast beef, caramelized and crispy onions, Swiss cheese, roasted garlic aoili, with fresh rosemary dipping jus

Saigon Sub (bánh mì) **$22.00**
Baguette with Vietnamese pork belly, cilantro, pickled Asian slaw, nuoc cham, mayo

Gyro **$23.50**
Pita with lamb and beef gyro meat, fresh dill, lettuce, cucumber, tomato, feta, tzatziki

Glory Wrap **$19.75**
Flour tortilla with falafel, spinach, shredded carrot and beet, candied almonds, tahini dressing

Greek Bagel **$19.00**
Roasted red pepper hummus, tzatziki, tomatoes, cucumbers, feta

= Vegetarian = Vegan = Wheat-free

BURGERS

Served with your choice of fries, soup, greens, or daily salad

WH_2O Burger **$20.50**
6oz patty, lettuce, tomatoes, onions, pickles, WH_2O burger sauce

Summit Burger **$23.75**
6oz patty, cheddar, bacon, lettuce, tomatoes, onions, pickles, WH_2O burger sauce

The Grizzly Burger **$25.00**
6oz patty, smoked cheddar, bacon, panko onion rings, lettuce, tomatoes, onions, pickles, roasted garlic aioli

Jamaican Chicken Burger **$22.00**
5oz grilled chicken breast with Jamaican jerk sauce, mango chutney, lettuce, tomatoes, red onions

Fancy Pants Burger **$25.00**
6oz patty, greens, goat cheese, bacon, caramelized onions, roasted garlic aioli

BBB Burger **$23.75**
Bacon, brie, and BBQ sauce with lettuce, tomatoes, red onions, pickles

Santa Fe Veggie Burger **$18.50**
House-made black bean, roasted yam, and quinoa patty with smoked cheddar on a potato bun, with avocado salsa, chipotle mayo, lettuce, tomatoes, red onions, pickles

ADD-ONS

Dips	**$1.50**
Bacon	**$4.00**
Cheese	**$3.00**
Gluten free bun	**$4.00**
Ymir chicken	**$6.00**
Tofu	**$3.50**
Gravy	**$3.00**
Miso mushroom gravy	**$4.00**
Upgrade to Yam Fries	**$3.50**
Upgrade to Poutine / Yam Poutine	**$5.25**
Upgrade to Chili Cheese Fries	**$5.75**

FRESH TRACKS CAFE

SOUPS, BOWLS, & SALADS

Black Bean and Vegetable Chili **$16.50**
Served with shredded cheddar, sour cream, cornbread

Chili con Carne **$18.00**
Served with shredded cheddar, sour cream, cornbread

Daily Soup **$10.00**
Served with a dinner roll

WH_2O Green Salad **$11.75**
Mixed greens, cucumber, tomato, carrot, beet, pea shoots, sesame & sunflower seeds, with our Nelson Olive Oil Co. Blackberry ginger balsamic
Add goat's cheese $3.50

Glory Bowl **$18.50**
Basmati rice, marinated Silver King tofu, spinach, shredded carrot and beet, candied almonds, tahini dressing

Green Dragon Bowl **$25.00**
Medium-grain sushi rice, arugula, edamame, cucumber, green onion, poke marinated Spring salmon, green dragon sauce (herbed tahini dressing)

Ymir Bowl **$19.75**
Coconut curry with potatoes, chickpeas, yam, red pepper, chicken or tofu on basmati rice, mango chutney, with naan bread

Thai Bowl **$20.75**
Rice noodles, peanut dressing, carrot, cucumber, smoked Silver King tofu, sprouts, green onion, cilantro, roasted nuts and seeds

Beet Bowl **$19.75**
Mixed greens, Dijon dressing, raw beet, roasted beet, goat's cheese, pumpkin seeds, dried cranberries, candied walnuts, pea shoots

SNACKS

Fries **$9.50**
Yam Fries with chipotle mayo **$12.50**
Add shredded cheddar $3.00
Poutine **$14.75**
Yam Poutine **$17.25**
Sub miso mushroom gravy $1.00
Chili Cheese Fries **$16.00**
Yam Chili Cheese Fries **$18.00**
Served with chili, shredded cheddar, sour cream
Sub vegetarian chili
Vernon Sausage All Beef Hot Dog **$11.25**
Chili Cheese Dog **$15.00**

BREAKFAST (Served until 11am)

Breakfast Sandwich **$9.50**
English muffin, fried egg, sausage patty, cheddar, sprouts, tomato, mayo
Add pan fries $3.00

BELT **$14.00**
Frantastic Foodz' locally-made bagel, scrambled eggs, cheddar, lettuce, tomato, mayo
Add bacon, smoked ham, or WH_2O sausage $4.00

Fresh Tracks Breakfast **$11.00**
2 eggs, 2 slices of toast, with pan fries
Add bacon, smoked ham, or WH_2O sausage $4.00

Concentrator Breakfast Wrap **$18.25**
Scrambled eggs, roasted red peppers, caramelized onions, cheddar, smoked ham, spinach, garlic aioli, with pan fries and salsa

Sleeper Hash Bowl **$19.00**
Over easy egg, chorizo, cheddar, peppers, onion, spinach, green onion, with pan fries

Bacon Bun **$11.75**
Potato bun with bacon, smoked cheddar, tomato, mayo
Add pan fries $3.00

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