

Breakfast



Tree House Breakfast \$13.95 *

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

Forester's Breakfast \$15.95 *

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

Scrambled Eggs and Cheese \$11.75 *

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

Tofu Scramble \$15.50 * 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.

Breakfast Burrito \$14.75

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.

Eggs and Toast \$8.75 *

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

Huevos Rancheros \$14.75 ②

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 \$14.75 ②

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.

Granola with Yogurt & Berries \$8.95 ①

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

Our bread is baked fresh daily by Embe Bakery

Add

Guacamole \$2.50

Jack and cheddar cheese \$1.25

Sautéed mushrooms \$2.25

Warm spiced beans \$3.25

Avocado \$2.95

Sour cream .75

Salsa .50

② Gluten Free

① Ask your server how we can accommodate your vegan preference

* Substitute gluten free toast for \$1.25

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 \$10.95 *

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

Tzatziki \$10.95 *

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

Burgers & Sandwiches

Served with house greens or caesar salad
Substitute cup of homemade soup for \$1.25

Salmon Sandwich \$19.95 🌊 🌱

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

Tree House Club Sandwich \$17.50 *

Three slices of toasted french bread loaded with free range chicken breast, bacon, cheddar cheese, greens, mayo and tomato

Classic BLT \$15.50 *

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

Cranberry Chicken Sandwich \$17.50 🌊

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

Roasted Yam Quesadilla \$17.50 🌱

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

Chicken Souvlaki \$17.95

Marinated breast meat, tzatziki, fresh cut tomato and cucumber salad, all wrapped together in warm naan bread

Tree House Deluxe Burger \$18.50 🌊

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

Tree House Cheese Burger \$16.95 🌊

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 \$15.95 🌊

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

Tree House Veggie Burger \$16.95 🌱 🌱

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

Chicken Shawarma \$17.95

Marinated breast meat, hummus, fresh cut tomato and cucumber salad, all wrapped up in warm naan bread. Served with a fiery chili paste

Grilled Halloumi Gyro \$19.25

Marinated halloumi cheese, tzatziki, fresh cut tomato and cucumber salad, all wrapped together in warm naan bread

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

🌊 Ocean Wise

🌱 Gluten Free

🌱 Sub Corn Tortilla for Gluten Free

* Substitute gluten free bread for GF (\$1.75)

🌊 Substitute gluten free bun for GF (\$1.95)

🌱 Ask your server how we can accommodate your vegan preference

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

Inform your server if you have severe allergies



Ask about our Dinner Features
(available after 5pm)

Salads

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

Thai Peanut Chicken or Tofu & Greens \$18.95 * ⑤

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, red onion, tomato and grated carrots.
Served with homemade balsamic vinaigrette

House Greens \$13.95 * ⑤

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

Caesar Salad \$13.95

Crisp romaine, homemade roasted garlic 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 \$11.95 ④

Six ounce grilled ocean wise salmon

Grilled Halloumi \$8.50 ④

Marinated and grilled halloumi cheese

Grilled Chicken Skewer \$7.95 ④

BC raised free range chicken

Local Organic Soya Nova Tofu \$6.95 ④

Baked with sesame tamari sauce

Avocado \$2.95 ④

Bowls

Soup of the Day \$7.50

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

Treehouse Vegan Chili \$11.95 ④ ⑤

A hearty mix of vegetables and beans simmered slowly in a piquant tomato base topped with cilantro and lime. Served with seed toast

Thai Green Curry ④

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

Free Range Chicken \$18.75

Local Organic Tofu \$18.25

Add warmed naan bread for \$1.25

Desserts

Feature Dessert	7.50
Gluten Free Brownie ④	4.75
Peanut Butter Square	4.75
Date Square	4.75



Children's Menu

For children 12 years and under

Breakfast

Scrambled Eggs and Cheese \$5

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

Peanut Butter and Jam Sandwich \$4.50

Yummy kid's classic on french bread

Waffles \$5

Two waffles with berries and real maple syrup

Granola with Milk and Berries \$4.50

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

Cinnamon Toast \$2.50

Cinnamon and sugar sprinkled on toasted seed bread

Lunch and Dinner

Kid's Tree House Burger \$6

Child-sized portion of our famous Tree House burger
Add cheese .50

Kid's Veggie Burger \$6

Child-sized portion of our Tree House veggie cheese burger

Cheese Naan Pizza \$5

Cheddar cheese melted on naan bread

Canadian Naan Pizza \$6

Bacon and cheese melted on naan bread

Grilled Cheese \$5

Cheddar cheese grilled on french bread

Kid's Rice Bowl \$7

Rice, chicken or tofu, carrots

Grilled Bacon and Cheese \$6

Bacon with jack and cheddar cheese grilled on french bread

Peanut Butter and Jam Sandwich \$4.50

Yummy kid's classic on french bread

Cheese Quesadilla \$4.50

Jack and cheddar cheese grilled in whole wheat flour tortilla served with sour cream
Add chicken or tofu \$2

Corn tortillas available upon request

Drinks

Kid's hot chocolate \$2.60

Kid's steamer \$2.30

Kid's Milk \$1.50

Apple or Orange Juice \$2.00

Kid's Shirley Temple \$2.00

Drinks



Coffee
2.95
Salt Spring Coffee Co
Organic & fair trade

Tea
2.50

Orange Pekoe
Earl Grey
English Breakfast
Green
Chamomile
Rooibos
Mint
Chai

Hot Drinks

Chai Latte	4.65
Chaider (Chai and apple cider)	5.25
Matcha Latte	4.90
Matcha Americano	3.65
Yerba Mate Latte	4.80
Yerba Mate	3.70
Hot Chocolate	4.20
Steamer	3.75
London Fog	4.25
Misto	3.70
Teddy Bear	3.45
Hot Organic Apple Cider	3.95

Cold Drinks

Italian Soda	2.95
Italian Cream Soda	3.25
Yerba Mate - Lemon or Mint	3.50
Snapple Lemon Iced Tea	2.95
Moonshine Mama's Elixir	2.25
add soda	1.50
Cranberry and Soda	2.95
Apple Juice	2.50
Happy Planet Orange Juice	3.50
Shirley Temple	2.50
Iced Chai	4.65
San Pellegrino (500ml)	2.95
Pop	2.25
(Coke, Diet Coke, Root Beer Ginger Ale, Sprite, Club Soda)	



Espresso Drinks

All of our espresso drinks are made with a double shot

Espresso	2.95
Americano	2.95
Espresso Macchiato	3.20
Cappuccino	3.95
Latte	4.55
Mocha	5.25
Americano Misto	3.70
Iced Latte	4.55
Iced Mocha	5.25

Additions and Substitutions

Extra espresso shot	.80
Flavoured syrup	.70
Chocolate sauce	.70
Add whipped cream	.50
Sub soy, oat or almond milk	.95

Syrup Flavours

Caramel, Hazelnut,
Vanilla, Cane Syrup,
Peppermint, Cherry,
Orange, Raspberry,
Sugar-Free Vanilla



Alcoholic Beverages

Beer and Cider

On Tap

Phillips Blue Buck

Smooth pale ale with a lightly hopped finish
Pint(16oz) \$6.25 Glass(12oz) \$4.95

Salt Spring Brewing Co. Seasonal Brew

Ask your server what we currently have on tap!
Pint(16oz) \$6.25 Glass(12oz) \$4.95

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

Organic apples picked from local orchards
Glass(10oz) \$7.50

Bottled/Canned Beer

Red Arrow Old Style Lager (355ml) \$5.95

Pilsner Urquell (330ml) \$6.25

Hoyne Dark Matter (355ml) \$5.95

Hop Circle IPA (355ml) \$5.95

Beck's Non Alcoholic \$3.75

Cocktails

Mama's Medley \$8.50 (1oz)

Bombay Gin, Moonshine Mama's elixir and maple syrup, topped with soda

Spicy Caesar \$7.95 (1oz)

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

Treehouse Turmeric Margarita \$8.95 (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 \$8.50 (1.5oz)

Classic lime Margarita on the rocks with Tequila and Triple Sec

Mimosas \$10.95

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

Hi-Balls \$6.95 (1oz)

Vodka, Rum, Gin, Rye, Brandy, or Tequila with Coke, Diet Coke, Ginger Ale, Sprite, Tonic, Club Soda, Cranberry or OJ.
Served short or tall

Glenfiddich Single malt Scotch \$7.50 (1oz)

Jameson Irish Whiskey \$7.50 (1oz)

Hot Drinks

\$8.50

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 Chaidier (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 \$6.5 9 oz Glass \$9.5 1/2 litre \$16.5

Finca Los Primos - Malbec (Argentina)

1/2 litre \$20 Bottle \$27

Garry Oaks - Pinot Noir (Salt Spring Island)

Bottle \$44

J Lohr - Cabernet Sauvignon (California)

Bottle \$46

Whites

Jackson Triggs - Pinot Grigio (Canada)

6 oz Glass \$6.5 9 oz Glass \$9.5 1/2 litre \$16.5

Kutatas - Ortega (Salt Spring Island)

1/2 litre \$28.50 Bottle \$38

Kim Crawford - Sauvignon Blanc (New Zealand)

Bottle \$39

Garry Oaks - Pinot Gris (Salt Spring Island)

Bottle \$41

(All bottles 750ml)

Bubbles

Quail's Gate - Rose (Okanagan)

Bottle \$36

Kutatas - Charmat Sparking (Salt Spring Island)

Bottle \$35

Freixenet Cordon Negro Brut (Spain)

Personal sized 6 oz Bottle \$9

Taxes not included