

FROG PEAK BREAKFAST

FAVOURITES

THE FAST BREAKFAST 8.5

An egg, tomato, spinach, aged cheddar, garlic mayo with your choice of shaved ham, Canadian bacon, or avocado mash on a toasted english muffin

Have it on a croissant 3

THE BREAKFAST PANINI 17.5

2 eggs, red onion, spinach, feta, aged cheddar and garlic mayo on house-made focaccia

Add Canadian bacon/shaved ham 4.25

THE CLASSIC BREAKFAST 18

2 eggs made any style with your choice of Canadian bacon, rosemary maple sausage or veggie sausage, served with toast and crispy Yukon gold potatoes or artisan greens

BELGIAN WAFFLE 18.5

Belgian waffle topped with whipped cream, comes with real maple syrup, a side of blueberry compote and your choice of Canadian bacon, rosemary maple sausage or veggie sausage

HUEVOS RANCHEROS 19

2 crispy tortilla shells filled with black beans, avocado mash and aged cheddar, topped with soft poached eggs and chimichurri sauce, served with fire roasted salsa and crispy Yukon gold potatoes

Add chorizo sausage 5

WILD LOX BAGEL 18.5

Cold smoked salmon, whipped cream cheese, house pickled red onions, fresh dill, capers and chili threads on a toasted sesame bagel

THE GODDESS BAGEL 16

Whipped cream cheese, Antoinettes Salt Spring dip, spinach, tomato, carrots, beets, house-pickled red onions and chili threads on a toasted sesame bagel

EGGS BENEDICT

2 soft poached eggs on a toasted english muffin, topped with lemony hollandaise sauce, comes with crispy Yukon gold potatoes or artisan greens

HALF BENNY 14

Your choice of any half benny

THE SUNSHINE 18.5

Avocado mash, tomato, spinach, crispy fried onions and sunflower sprouts

THE TRADITIONAL 18

Shaved maple smoked ham

THE GOATY 19

Creamy tangy chèvre, Canadian bacon and tomato

THE LOX 20

Wild cold smoked salmon, capers and fresh dill

THE PESTO 18

Tomato, spinach and pesto

THE RUEBEN 19

Shaved Montreal smoked brisket, sauerkraut, garlic dijon dressing and sesame seeds

KIDS

KIDS BELGIAN WAFFLE 15

Belgian waffle topped with whipped cream, served with blueberry compote and Quebec maple syrup, comes with your choice of Canadian bacon, rosemary maple sausage or veggie sausage

KIDS CLASSIC BREAKFAST 11.5

An egg made any style with your choice of Canadian bacon, rosemary maple sausage or veggie sausage, served with toast and crispy Yukon gold potatoes or artisan greens

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We purchase local and organic food whenever possible. All of our eggs come from happy chickens!

250 . 359 . 7261

Open Wednesday to Sunday
from 8 am - 3 pm

www.frogpeakcafe.com

1418 Highway 6, Crescent Valley,
BC, V0G 1H0
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FROG PEAK LUNCH

PANINIS

Served on house-made focaccia, or have it gluten free

THE FROG PEAK 9.5/19

Roasted teriyaki chicken, spinach, roasted red peppers, red onion, aged cheddar and garlic mayo

THE BRIE MELT 9.5/19

Brie, smoked turkey, roasted red peppers, house-made marinated artichokes, spinach and garlic mayo

THE VEGHEAD 9/18

Roasted red peppers, house-made marinated artichokes, tomato, spinach, pesto, red onion, mozzarella and garlic mayo

THE WALLY 9.75/19.5

Shaved maple ham, smoked turkey, Canadian bacon, tomato, spinach, red onion, cheddar and garlic mayo

THE BLT 9.5/19

Canadian bacon, tomato, spinach, red onion, aged cheddar and garlic mayo

THE RUEBEN 9.5/19

Shaved Montreal smoked brisket, sauerkraut, sesame seeds, red onion, mozzarella and garlic dijon dressing

THE WINNING COMBO 19

Any half panini with your choice of small soup or a small salad

SOUP AND SALAD

All soups and salads come with house-made focaccia

SOUP 9/11

Made daily with love

HOUSE SALAD 13/17

Seasonal greens, purple cabbage, beets, cucumber, grated carrots, sunflower sprouts, seeds, served with your choice of house-made tahini garlic dressing, green goddess dressing or smokey miso roasted sesame vinaigrette

BANGIN SLAW 13/17

Carrots, green and purple cabbage, black sesame seeds and chili threads with a smokey miso roasted sesame vinaigrette

SOUP & SALAD 17

Small soup and small salad with your choice of tahini garlic dressing, green goddess dressing or smokey miso roasted sesame vinaigrette

BOWLS

THE RICE BOWL 19

House-made candied teriyaki tofu, seasonal greens, purple cabbage, cucumber, grated carrots, beets, seeds, sunflower sprouts, served with house-made tahini garlic dressing and your choice of warm brown rice or quinoa

Add smoked miso roasted sesame chicken /cold smoked salmon 5

THE SUSHI BOWL 21

Wild smoked salmon, house-made candied teriyaki tofu, toasted nori, seasonal greens, avocado mash, grated carrots, cucumber, sesame seeds, green onions, house-made wasabi lime dressing and your choice of warm brown rice or quinoa

KIDS

KIDS GRILLED CHEESE 10

Crispy grilled cheese sandwich

KIDS SOUP 7.5

Kid sized soup

KIDS LUNCH COMBO 15

Crispy grilled cheese sandwich with a kid sized soup