

WESTERN FITNESS



HEALTHY LIVING BISTRO

BENEDICTS & OMELETTES (ALL DAY)

Bacon Benedict \$18

English muffin, crispy bacon, two poached eggs topped with creamy hollandaise sauce

Ham Benedict \$18

English muffin, rosemary ham, two poached eggs topped with hollandaise sauce

Vegetarian Benedict \$17

English muffin, tomato, spinach, two poached eggs topped with hollandaise sauce

Chef's Special Benedict \$19

English muffin, smashed avocado, smoked salmon, two poached eggs topped with hollandaise sauce

Ham and Swiss Omelette \$18

Three egg omelette with roasted tomatoes, ham and swiss cheese, homemade multigrain toast

Vegetarian Omelette \$17

Three egg omelette with spinach, onions, bell peppers, mushrooms and cheddar cheese. Served with homemade multigrain toast.

Chef's Special Omelette \$19

Three egg omelette with smoked salmon, cream cheese, green onions, homemade multigrain toast

ALL BENEDICTS AND OMELETTES COME WITH
A SMALL STRAWBERRY SPINACH SALAD

BREAKFAST (ALL DAY)

Avocado Toast \$9

Fresh homemade toast, smashed avocado, cherry tomatoes, arugula, sesame seeds, served with a drizzle of basil olive oil

** Add an egg any style fo \$2.50 **

Vegetable Quiche \$10

Homemade crust, mushroom, onion, bell pepper, tomato, basil, spinach, mozzarella cheese, drizzled with basil olive oil and garlic cilantro balsamic

Chicken Pot Pie \$12

Creamy sauce, chicken, potatoes, carrots, onions, peas

Mini Syrniki Trio \$12

3 mini Ukrainian cottage cheese cakes served with berries for garnish



MOST DISHES ARE MADE WITH LIONS CREEK OLIVE
OIL INSTEAD OF BUTTER.

IF YOU LOVE A DISH ASK US WHAT WE USED!



Dairy Free



Vegetarian



Gluten Free

Lunch Menu



TASTE OF UKRAINE

Pork Cutlets \$19

Homemade Ukrainian pork cutlets with a creamy mushroom sauce. Served with a small strawberry spinach salad and homemade pumpkin flax bread.

Handmade Perogies \$16

Six classic perogies of your choice, made by hand. Served with sour cream topped dill and butter.

Options:

1. Potato, onion, & dill
2. Sauerkraut & carrot
3. Potato & cheddar
4. Potato & cottage cheese
5. Cottage cheese & dill



ADD Bacon for \$4.00

Ukrainian Solyanka \$17


A rich and hearty soup made with cured meats, olives, pickles, veggies, and a flavorful beef broth. Served with homemade pumpkin flax bread, topped with sour cream, lemon, and dill.

Ukrainian Nalishniky \$13

3 pieces of authentic Ukrainian crepes with a rich and creamy filling of chicken and mushroom, served with sour cream topped with dill and butter

Traditional Cabbage Rolls \$16

Five handmade Ukrainian cabbage rolls made with your choice of rice, meat, or vegetarian. Please be aware that this dish can be up to a 30 minutes.

1. White Rice with Pork
2. White Rice with Beef
3. Brown Rice with Pork
4. Brown Rice with Beef
5. No Meat: White or Brown Rice - \$13 

ALL SANDWICHES ARE SERVED WITH A SMALL STRAWBERRY SPINACH SALAD ON THE SIDE.

MOST DISHES ARE MADE WITH LIONS CREEK OLIVE OIL INSTEAD OF BUTTER.

IF YOU LOVE A DISH ASK US WHAT WE USED!

SOUPS

Vegetable Borscht \$15

Authentic Ukrainian borscht with a rich blend of beets, cabbage, carrots, black beans, onion, tomatoes, served with dilly sour cream and homemade pumpkin flax bread.

Chicken Borscht \$16

Authentic Ukrainian chicken borscht with a rich blend of beets, cabbage, carrots, black beans, onion, tomatoes and braised chicken breast, served with dilly sour cream and homemade pumpkin flax bread.

Creamy Mushroom \$14

Onion, carrots, mixed mushrooms, potato, cream, dill, salt, pepper, and homemade pumpkin flax bread.

Chicken Noodle Quinoa \$13

Chicken, potatoes, carrots, onions, quinoa, buckwheat soba noodles, and homemade pumpkin flax bread

SALADS

Strawberry Spinach \$14

Spinach, strawberries, pecans, strawberry peach balsamic, goat cheese, karoo blend extra virgin olive oil

Caprese Salad \$16

Mixed sliced tomatoes, caprese cheese, fresh basil, karoo blend extra virgin olive oil, fig balsamic

Greek Salad \$14

Cucumbers, olives, yellow peppers, tomatoes, red onion, feta cheese, karoo blend extra virgin olive oil

SANDWICHES

Turkey Bacon Brie \$14

Ciabatta bread, spinach, mayo, turkey breast, brie cheese, back bacon, tomato

Egg Salad \$13

Ciabatta bread, arugula, eggs, onions, bell pepper, celery, mayo

Grilled Gouda & Roasted Pear \$14

Ciabatta bread, caramelized onions, sautéed pear, gouda cheese, butter



Dairy Free



Vegetarian



Gluten Free

Drink & Dessert Menu

TEAS

LARGE POT OF TEA - \$7

Lavender Bliss
Coconut Cream
Coconut Chai
Strawberry Tart
Toffee Bean
Lemon Ginger
Genmaicha
Niagra Peach Pie
Creamy Early Grey
English Breakfast
Apple Crisp
Maple Cream
Anniversary Blend
Stay Young, Go Dancing
Mango Love
Mango Lemon Punch
Garden Party

ALL TEAS ARE HANDMADE LOOSE LEAF FROM
MONARCH TEAS IN ONTARIO

COFFEE & ESPRESSO

Drip Coffee \$4
Medium Roast Rampage
Americano \$5
Latte \$6
Mocha \$6
Cappucino \$5
Espresso \$4
Iced Coffee \$4
Iced Americano \$5

All espresso beans are locally sourced from
McQuarries Coffee on Broadway

All Espresso based drinks are double shots

DESSERTS

Cupcakes \$5
Sundaes (Seasonal) \$12
Vanilla, Strawberry, OR Chocolate.
Homemade Pie Slice \$8

PASTRIES

Mini Apple Cinnamon Bites \$2
Homemade Lemon Biscuits \$5

MILKSHAKES (SEASONAL)

Vanilla \$13
Foothills vanilla ice cream and milk
Chocolate \$13
Foothills vanilla ice cream, chocolate
fudge sauce, milk
Strawberry \$13
Foothills vanilla ice cream, strawberry
sauce, milk

ICE CREAM (SEASONAL)

Soft Serve S - \$6 M - \$7 L - \$8

Vanilla
Butter Pecan
Chocolate
Orange
Mocha Cappucino
Bubblegum
Strawberry
Pina Colada
Blue Goo

Make it a Waffle Cone ADD \$2.50

Hard Pack 1 Scoop - \$6 2 Scoop - \$7

Strawberry 3 Scoop - \$8
Vanilla

Cinna-Malt Swirl
Cookie Dough
Butterscotch Latte
Blueberry Cheesecake
Black forest
Mango

Make it a Waffle Cone ADD \$2.50