



Gourmet Sandwiches, Salads, and Soups

Phone 250-924-2245

Open 7 days/wk

611 Oyster Bay Dr, Ladysmith, BC 8 am – 3 pm



Hot Drinks

- Brewed Coffee s \$2.25 m \$2.50 | \$2.75
- Americano s \$2.75 m \$3.25 | \$3.75
- Cappuccino s \$3.75 m \$4.25 | \$4.75
- Espresso s \$2.00 m \$2.50 | \$3.00
- Caffé Latte s \$3.75 m \$4.25 | \$4.75
- Caffé Mocha s \$4.25 m \$4.75 | \$5.25
- Chai Tea Latte s \$4.00 m \$4.50 | \$4.95

Cold Drinks

- Italian Soda m \$2.95
- Lemonade m \$3.50
- Iced Americano m \$3.25
- Iced Latte m \$3.95
- Fruit Smoothie m \$4.50
(Strawberry, mango, or banana)
- Iced Fraps m \$4.50

Salads n Stuff

House Salad s \$5.50 | \$8.95

Mixed organic greens with peppers, onions, tomatoes, cucumber, carrots, and sprouts, with a buttermilk dill dressing.

Caesar Salad s \$6.50 | \$9.95 with Chicken | \$11.95

Chopped romaine hearts with parmesan, creamy Caesar dressing, lemon and homemade croutons.

Seared Tuna Luau Burger \$13.95

6 oz seared yellow fin tuna steak, with grilled pineapple, red onion, fresh cilantro, organic greens, guacamole, and spicy hoisin mayo, on fresh Kaiser bun. Served with mixed greens.



Breakfast

Homemade Toast \$2.50

Bagel \$2.95

Bagel w/ Cream cheese \$3.95

Oatmeal w/toast \$5.95 ½ \$7.25 full

Maritime Oatmeal w/toast \$6.95 ½ \$7.50 full

Oatmeal with dried apricots, raisins, cinnamon, and multigrain

Morning Glory \$5.50

Toasted English muffin with egg, back bacon, tomato, and cheddar cheese.

Garden Breakfast Wrap \$7.95

3 scrambled eggs, with tomato, onions, mixed greens, mushrooms, cilantro, cheddar, mozza, and salsa in warm tortilla.

Breakfast Bagel \$6.95

Toasted bagel with egg, back bacon, onions, tomato, sprouts, and cilantro mayo

Eggs Benny \$11.95

Poached eggs on toasted English muffin with grilled back bacon, topped with hollandaise sauce, served with fresh fruit salad.

Neptune Eggs Benny \$12.95

Poached eggs on toasted English muffin with tomato, spinach, and onions, topped with crab, baby shrimp and hollandaise sauce, served with fresh fruit salad.

Gulf Islands Salad \$11.95

Walnuts, raisins, onions, peppers, feta cheese, on bed of organic greens topped with mandarin oranges and tossed in lemon basil vinaigrette.

Seared Tuna Nicoise Salad \$13.95

Seared yellow fin tuna, new potatoes, tomato, green beans, red onions, black olives, capers, hardboiled egg on bed of organic greens tossed in lemon basil vinaigrette.



Lunch (all sandwiches and wraps served with mixed greens)

(add a cup of soup or garden salad to any wrap or sandwich for \$3.00)

Santa Fe Wrap \$10.95

Chicken, black beans, hummus, brown rice, onions, peppers, cheddar cheese, and cilantro mayo wrapped in warm tortilla.

Thai Noodle Wrap \$10.95

Chicken, curried noodles, brown rice, carrot, bean sprouts, peanut mayo, and sweet chili sauce wrapped in warm tortilla.

Veggie Wrap \$9.50

Brown rice, peppers, onions, carrot, tomato, cucumber, sprouts, feta cheese, and cilantro mayo wrapped in warm tortilla.

BLT Sandwich \$10.95

Grilled back bacon, lettuce, tomato, and cilantro mayo on homemade bread.

Seared Tuna Tacos \$13.50

Seared yellow fin tuna, mango salsa, sesame ginger slaw, wasabi sour cream, on soft flour tortillas.(3)

Clubhouse Sandwich \$11.95

House roasted Chicken, crispy prosciutto, cheddar, tomato, lettuce, and cilantro mayo on toasted homemade bread

Seafood Clubhouse Sandwich \$12.95

Lemon tarragon shrimp crab salad, with crispy prosciutto, lettuce, tomato and mayo and toasted homemade bread.

Shrimp and Cream Cheese \$10.95

Baby shrimp, herbed cream cheese, tomato, onion, sprouts, and guacamole.

Grilled 3 Cheese \$10.95

Cheddar, feta, Jarlsberg, tomato, caramelized onions on grilled homemade bread.

Roast Chicken Sandwich \$10.95

House roasted chicken, caramelized onions, tomato, lettuce, and green chili mayo.

Kids Grilled Cheese \$6.95

Cheddar Cheese on grilled homemade bread.

Soups

Oyster Bay Seafood Chowder, cup \$5.95 bowl \$8.95

A hearty cream soup with clams, oysters, shrimp, bacon, corn, and potatoes – promises to warm you up and fill you up. Served with homemade roll.

Soup de Jour cup \$5.50 bowl \$7.50

Ask your server for today's offering. Served with homemade roll.