

# TOAST BAR

all day

**JUST TOAST 7**

two slices of sourdough with your choice of jam, nut butter, marmite or nutella

**add banana 2**

**BREAKFAST BUN 12**

local thick cut bacon, farm fresh egg and tomato on a toasted english muffin or sourdough toast

**GARDEN TOAST 14**

Wildfire fruit and nut bread with avocado, hummus, fresh herbs, chili flakes and sea salt

**SUNSHINE TOAST 15**

Wildfire sourdough bread with whipped ham & green onion spread, two farm fresh eggs, fresh tomato and herbs

**ITALIAN TOAST 14**

Wildfire sourdough bread with whipped ricotta, fresh tomato, basil pesto and balsamic

**FEATURE TOAST 14**

check our feature sheet to see today's delicious combination

**ADD A FRIED EGG - \$2.50**

**ADD BACON - \$2.50**

**GLUTEN FREE BREAD AVAILABLE**

available after 11:30 am

**FEATURE SANDWICH 13**

check our feature sheet to see today's delicious combination

**CHICKEN FINGERS 14**

served with soup or salad. choose ranch or honey mustard dip

**CROISSANT DOG 12**

Nathan's all beef frank served with your choice of relish, mustard, kimchi, sauerkraut, caramelized onions, ketchup or mayo

**ADD SIDE OF SOUP OR SALAD TO ANYTHING FOR \$5**

**SOUP OF THE DAY 12**

served with a fresh croissant

**SALAD OF THE DAY 14**

check our feature sheet for today's delicious combination

**TRY OUR CEREAL BAR!**

**CHOOSE YOUR MILK**

dairy, almond, oat or soy

**CHOOSE YOUR CEREAL**

healthy, not-so-healthy, gluten-free, high protein

**MIX AND MATCH**

try half and half!

**50G BOWL - 4**

**PLEASE NOTE:**

we cannot guarantee items are free from contact with gluten, dairy, nuts or soy

# SMOOTHIES

all smoothies come with your choice of protein (whey or vegan) and milks

**TROPICAL ISLAND 11**

mango, coconut and banana

**MANGO LASSI 11**

mango, yoghurt, mint and lime

**BERRY GOOD 11**

blueberry, raspberry and strawberries

**PINK MONKEY 11**

strawberry and banana

**HAPPY HEART 11**

dates, chocolate and cinnamon

**CREATE YOUR OWN! 11**

choose a fruit, protein and milk combination

extra protein scoop \$4

nut butter \$2

yoghurt \$2

matcha \$2

chia \$1

flax \$1

extra fruit \$2

**WE DO CATERING!**

(250) 888 8091

ceri@fortonfort.com



EAT | DRINK | SNACK | CATER