

SNACKS

Made fresh in house

RUSHBROOK TRAIL BARS

Do you need some extra energy? Try our signature trail mix baked into an energy bar, made with gluten free oats & sun butter. Single 5 3 bars for 13.5

RUSHBROOK TRAIL MIX

Allergen-friendly seed clusters (flax, chia, sunflower, sesame, pumpkin seed), popcorn, dark chocolate, dried blueberries, raisins & seaweed 4 Kids cone 2.5

HONEY APPLES

Freshly sliced crisp apples with Bulkley Valley Honey. 4

SANDWICHES

Made fresh in house, served on sourdough bread
Whole grain +1 Fresh Sourdough YPR + 2

ROAST BEEF

Roast beef, Yaga green dressing, fresh greens & white cheddar with house pickled red onions 7.5

HAM & CHEESE SANDWICH

Ham, maple mustard aioli, fresh greens & cheddar 7.5

TURKEY SANDWICH

Turkey, apple jelly, mayonnaise, fresh greens & cheddar 7.5

BEET & APPLE VEGAN SANDWICH

Roasted beets, thin sliced apple, fresh greens, topped with a vegan caesar dressing made fresh in house 7.5

EXTRA Cheese +1 Dressing +1 Greens +2 Meat +3



HOMEGROWN HYDROPONIC SALADS

Non-gmo, free from pesticides, grown on site
from seed & lovingly cultivated by our team

ROASTED CHICKEN & VEGETABLE SALAD

Mixed greens, roast chicken, roasted root vegetables, pickled red onion, radish, croutons, house dressing 16.5

YAGA CAESAR

Romaine, kale, roasted edamame, avocado, croutons & house-made vegan Caesar dressing with roasted garlic & tahini 14.5 Chicken Caesar 18.5

NORTH COAST NICOISE / NEE-SWAAZ/

Mixed greens, 100% Oceanwise certified lingcod, hard boiled egg, asparagus, tomatoes, Nori, roast potatoes, topped with a vinaigrette dressing made in house 17.5

APPLE & CHEESE SALAD

Mixed greens, thin sliced crisp apple, rough cut aged cheddar, toasted pumpkin seeds, roasted chicken, dried cranberries, topped with our signature house dressing 15

ADD-ONS Egg +2 Edamame +2 Avocado +3

Chicken +4 Lingcod +5.5



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN

JUNE 2022

BREAKFAST

Available all day

DAILY MUFFIN

Single 4 3 for 10

QUINOA BOWL

Cinnamon, nutmeg & brown sugar quinoa topped with toasted sunflower seeds & dried cranberries, finished with steamed milk. 6.5 Sub oat milk +1

AVOCADO TOAST

Our unique take on this hipster classic: YPR sourdough toasted to golden brown with freshly harvested Yaga greens, topped with smashed avocado, lemon juice & a drizzle of olive oil 7.5

FRESH FOOD FEATURES

Limited time only, while supplies last.

TROPICAL HAM SANDWICH

Ham, cheddar, Yaga fresh greens, mayo, & pineapple apricot jalapeno jelly served on Sourdough YPR bread 9.5

TROPICAL VEGAN SANDWICH

Smashed jerk chickpeas, house made vegan mayo, Yaga fresh greens served on Sourdough YPR bread 9.5

TROPICAL RUSHBROOK TRAIL BAR

Our best selling snack with mango, coconut & ginger 5.5

TROPICAL CHICKEN & VEGETABLE SALAD

Roasted chicken, smashed jerk chickpeas, roast potatoes, pineapple, apricot & jalapeno vinaigrette, roasted potatoes, radish & pumpkin seeds 16.5