# BREAKFAST WRAP / 17

SCRAMBLED EGGS, AGED CHEDDAR, CRISPY BACON, CHORIZO SAUSAGE, PICO DE GALLO, GUACAMOLE, SAUTEED PEPPERS, ONIONS AND CABBAGE, ROLLED IN A FLOUR TORTILLA WRAP. SERVED WITH YOUR CHOICE OF SIDE.

**CHICKEN & WAFFLES / 15** OVEN TOASTED WAFFLES, CRISPY CHICKEN STRIPS, BACON, MAPLE SYRUP, STRAWBERRIES AND WHIPPED CREAM.

# MAN-LATE APPLES & SNACKS (8)

# CHIPS & SALSA / 8.75 GF

HOUSEMADE CHIPS, PICO DE GALLO AND SOUR CREAM. ADD GUAC /+3

#### **POTATO CHIPS & DIP / 6 GF**

IN-HOUSE FRIED POTATO CHIPS TOSSED IN OUR SIGNATURE SPICE, AND SERVED WITH RANCH DRESSING DIP.

#### **BASKET OF FRIES / 6.75 GF-DF**

HOT SHOESTRING FRIES.

ADD HOUSEMADE BEEF OR VEGETABLE GRAVY /+2.50

#### CST POUTINE / 12.50 GF 🥰

SHOESTRING FRIES, CHEESE CURDS, SIGNATURE BEEF GRAVY. SUB DAIYA CHEESE AND HOUSEMADE VEGETABLE GRAVY / +3 ADD HOUSE-SMOKED PULLED PORK / +5

#### TORPEDO PRAWNS / 15 DF

IN-HOUSE SEASONED AND PANKO BREADED PRAWNS, SERVED WITH CHILI SAUCE.

ADD FRIES /+3

#### KOREAN STEAK BITES / 16.75 GF-DF

MARINATED TENDERLOIN PAN-FRIED IN A SWEET CHILI AND TAMARI SAUCE WITH SNAP PEAS, FRESH KIMCHI AND SOUR CREAM MUSTARD.

# CHICKEN WINGS / 16.75 GF-DF

ONE POUND OF WINGS! BRINED, OVEN BAKED AND LIGHTLY FRIED. CHOICE OF SALT AND PEPPER / BBQ / KOREAN / BUFFALO. SERVED WITH BLUE CHEESE OR RANCH DIP.

#### MT. NACHINGTON / 19.75 GF SERVES AT LEAST 2!

CRISPY AND CHEESY! A MOUNTAIN OF HOUSEMADE TORTILLA CHIPS, CHEESE, TOMATO, BLACK BEANS AND PICKLED JALAPENOS; DRIZZLED WITH LIME CREMA, AND TOPPED WITH CILANTRO. SERVED WITH SOUR CREAM AND SALSA.

CHORIZO / +3

**OVEN ROASTED CHICKEN BREAST / +5** PULLED PORK AND PINEAPPLE AHITUNA AND PICKLED RED ONIONS / +6 ADD GUAC / +3 • SUB DAIYA CHEESE / +6

#### **CHARCUTERIE PLATTER / 24**

FEATURING HOUSE SMOKED MAPLE SOY GLAZED SALMON, LEMON CAPER CREAM CHEESE, SPECIALTY CURED MEATS, PREMIUM CHEESE, FRESH FRUIT, HERB CREAM CHEESE, OVEN TOASTED FOCACCIA AND CRANBERRY HERB CRACKERS.

#### **WARM PRETZEL / 5**

YOUR ANYTIME SALTY SNACK. SERVED WITH MUSTARD DIP.

### **CHOPPED CAESAR SALAD / 14**

ROMAINE LETTUCE TOSSED IN A DUON GARLIC DRESSING, PARMESAN CHEESE AND SEASONED CROUTONS.

### SUMMER BERRY SALAD / 15 GF-@

SUGGESTED ADD ONS +

GOAT CHEESE / +2

SANTA FE SEASONED CHICKEN / +7 SMOKED AND BRAISED PULLED PORK / +5

A BLEND OF SPINACH, CHOPPED ROMAINE AND MIXED GREENS TOSSED WITH STRAWBERRY VINAIGRETTE AND TOPPED WITH CANDIED WALNUTS, FRESH STRAWBERRIES, AND FETA CHEESE.

KOREAN STEAK BITES / +9.75 • TORPEDO PRAWNS / +8

SEARED AHI TUNA / +7 \* HOUSE SMOKED SALMON / +6 CRISPY BACON / +3 \* CHORIZO / +3 \* FETA / +2

### CST MAC & CHEESE / 15

CAVATAPPI NOODLES TOSSED IN A CREAMY HOMEMADE CHEESE SAUCE, TOPPED WITH SHREDDED PARMESAN CHEESE AND FRESH PARSLÉY, SERVED WITH GRILLED FOCACCIA.

### ROASTED VEGETABLE BOWL / 16.50 GF-DF 6

GOLDEN BEETS, CARROTS, MIXED PEPPERS AND RED ONIONS, OVEN ROASTED WITH THYME AND ROSEMARY AND SERVED ON A BED OF RED QUINOA, JASMINE RICE AND PUMPKIN SEEDS, TOPPED WITH A ROASTED RED PEPPERS GLAZE AND FAVA BEAN MICROGREENS.

#### BAJA BOWL / 20 GF

BACK BY POPULAR DEMAND! STEAMED JASMINE RICE TOPPED WITH SANTA FE SEASONED CHICKEN, ROASTED RED PEPPERS, CHIMICHURRI COLESLAW, BLACK BEANS, TOMATOES, MONTEREY JACK CHEESE, CHIPOTLE MAYO AND CRISPY TORTILLAS. **ADD GUAC / +2.50** 

# TUNA POKE BOWL / 20.50 GF-DF

SEARED RARE AHITUNA IN A SESAME OIL, TAMARI AND GINGER MARINADE; SERVED WITH JASMINE RICE, PICKLED ONIONS, FRESH CUCUMBERS, MICROGREENS, SESAME SEEDS AND SRIRACHA MAYO.

ADD PINEAPPLE / +2



#### ALL HANDHELDS ARE SERVED WITH YOUR CHOICE OF FRIES, CHIPS, GREENS, CAESAR, OR DAILY SOUP OR SUB POUTINE **GF** MAKE ANY BURGER GLUTEN-FREE SUB GF BUN / +1.50

# DAILY SOUP & SANDWICH SPECIAL / 16

FRESH AND DELICIOUS, EVERY DAY!

# **CHICKEN FINGERS & FRIES** / 16

PANKO CRUSTED CHICKEN BREAST AND HONEY MUSTARD DIP SERVED WITH SHOESTRING FRIES.

# MUSHROOM VEGGIE BURGER / 17 @

HOUSEMADE MUSHROOM AND VEGETABLE BURGER, WITH WALNUTS, AND TOPPED WITH SAUTÉED ONIONS, BURGER SAUCE, GOAT CHÉESE, LETTUCE, TOMATO AND PICKLES.

#### **FILBURGER** / 18

BEAVER MEADOW FARMS ORGANIC BEEF, CHEDDAR, LETTUCE, TOMATO, PICKLES AND BURGER SAUCE; SERVED ON A CUMBERLAND VILLAGE BAKERY BUN.

ADD CRISPY BACON / +3 • ADD GUAC / +2.50 DBL PATTY / +5 • GRILLED PINEAPPLE / +2

# MAKE IT A BCB / +4

BBQ SAUCE, CARAMELIZED ONIONS AND BACON

#### **© CST REUBEN** / 18.50

REAL PASTRAMI, BEER-BRAISED SAUERKRAUT, SWISS CHEESE, WITH HERB DIJÓN MAYO, SLICED PICKLES, AND HOUSE FRIED POTATO CHIPS

# CAJUN CHICKEN BURGER / 20

CAJUN CHICKEN BREAST WITH BACON, PINEAPPLE AND CHEDDAR CHEESE, SERVED ON A TOASTED BRIOCHE BUN WITH CHIPOTLE MAYO, LETTUCE, TOMATO AND PICKLES.

#### **TACO TRIO** / 16.50

SERVED WITH FLOUR TORTILLAS AND NO SIDES

IN-HOUSE SMOKED AND BRAISED PULLED PORK, GRILLED PINEAPPLE, TACO COLESLAW, TOPPED WITH LIME CREMA AND CILANTRO.

FRESH FRIED PREMIUM COD, TACO COLESLAW, PICKLED ONIONS, TOPPED WITH LIME CREMA AND CILANTRO. ADD GUAC / +2.50 · ADD SOUR CREAM / +1

#### **LOOKING FOR A SWEET WAY TO FINISH YOUR MEAL?** ASK YOUR SERVER FOR OUR DESSERT MENU.



WHEN YOU ORDER A 'MEALSHARE ITEM', YOU GET YOUR MEAL AND WE PROVIDE ONE SIMPLE, HEALTHY MEAL TO A YOUTH IN NEED; WORKING WITH THE BREAKFAST CLUB OF CANADA TO PROVIDE MEALS IN FOUR DIFFERENT SCHOOLS IN THE COMOX VALLEY. BUY ONE, GIVE ONE - IT'S THAT SIMPLE!

PRICES DO NOT INCLUDE TAX