

lunchmenu

served all day, everyday!

{Ask about our daily homemade sandwich & wrap specials!}

Osprey Club 12.50

In-house roasted turkey, kale pesto, aji aioli, bacon, tomatoes, and arugula on artisan sourdough. Grilled and served with choice of salad or cup of soup.

Panini on its own 9.50

Roasted Vegetable Panini 11.50

Beet hummus, fresh avocado, peppers, spinach, and balsamic reduction on an artisan multigrain bread. Grilled and served with choice of salad or cup of soup.

Panini on its own 8.50

Taco Vegan Caesar Bowl 13

Kale, romaine, vegan taco 'meat' made with walnuts and tomatoes, served with a cashew based vegan caesar dressing and topped with toasted chickpeas and croutons.

House Salad 7

Artisan greens, heirloom cherry tomatoes, toasted seeds, and our house apple cider vinaigrette.

Side portion 4

Cranberry & Kale Quinoa Salad 9

Quinoa, cranberries, red onions, celery, pumpkin seeds, and kale in an olive oil and balsamic vinaigrette.

Stew of the Day

A hearty stew made in house using fresh and local ingredients. And always made with lots of LOVE! *Cup 6 / Bowl 8*

Soup of the Day

Always made in-house using the freshest, local ingredients! And always made with lots of Love. Ask about our soup today!

Cup 4 / Bowl 6

Daily Crustless Quiche 7

Made with free-range eggs, dairy, and fresh ingredients daily. Served with a side house salad.

Rositas Budin de Pan 4

Recipe passed on from Anahi's Peruvian Grandma. Artisan bread, eggs, cream, sultana raisins, cranberries, lemon zest, and drizzled with our homemade caramel.

* Please note that soup and stew may not be available during hot summer months



**STOMPING
GROUNDS**

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 Gluten-Free Friendly  Vegetarian  Plant Based

Prices do not include tax. Menu is seasonal and subject to change.