

HOB Menu

Banana Bread French Toast 18.50

Candied Nuts, Fresh Berries, Toffee & Nutmeg Cream

Moroccan Salmon Salad 22 (DF)

Avocado, Soft Boiled Egg, Plot Market Garden Greens, Chickpea, Artichoke
Pickled Fiddleheads, Red Onions, Fried Capers, Chermoula

Crab Benny 22 (GF)

Roasted Sweet Yam, Crab Salad, Poached Eggs, Avocado Puree,
Mango & Habanero Hollandaise, HOB Cafe Slaw with Potatoes or Artisan Greens

Green Eggs & Ham 20 (GF) (DF)

Lockwood Farm Sunny Side Eggs, Smoked Ham Hock, Fiddleheads & Chermoula
Choice of Confit Potatoes & Plot Market Garden Greens

Full Breakfast 18.50

Two Eggs any style, Glenwood Chicken Sausage or Bacon, Toast
Choice of Confit Potatoes or Plot Market Garden Greens

African Bowl 19.75 (DF) (GF)

Jollof Rice, Chicken Sausage, Chilli & Smoked Shrimp Aioli, Scrambled Eggs
Pickled Vegetables

Shakshuka 23 (Can be GF, DF)

Local Merguez Sausage, Spiced Tomato Sauce, Poached Eggs, Chickpeas
Artichoke, Peppers, Feta Cheese, Chermoula & Sourdough Toast

Duck & Waffle 24

Confit Duck, Waffle, Sunny Side Eggs, Red Wine Poached Pears
Crumbled Blue Cheese, Confit Potatoes & Red Wine Reduction

Ghanaian Style Fried Chicken Sandwich 22 (DF)

Chili, Smoked Shrimp & Honey Glazed Chicken, Plantains, Spiced Aioli
HOB Cafe Slaw, Candied Jalapeno, Pickled Onions, Artisan Greens or Potatoes

Sides

Gluten Free Toast 2.5	2pc Chicken Sausages 7
Side of Potatoes 5	Side of Bacon 4.5
Side of Greens 6	Chickpea Fries 7.5
Hollandaise 3	Add an Egg 2.5

-All our eggs are Free Range from a Local Farm-We proudly support local Farmers-

-Gift cards available for your family and friends-

-Visit our pantry store at 2829 Peatt Road-

Hippie Benny 18.75 (GF)

Poached Eggs, Chickpea Cake, Kale & Wild Mushrooms, Nettle Hollandaise
Choice of Confit Potatoes or Plot Market Garden Greens

HOB Salad 17 (DF, GF)

Plot Market Garden Greens, Avocado, Soft Boiled Egg, Chickpea, Artichoke
Pickled Fiddleheads, Red Onions, Fried Capers, Chermoula

Vegan Benny 17.75 (DF) (GF)

Chickpea Cake, Kale & Wild Mushrooms, Smoked Tempeh, Eggplant Puree
Choice of Confit Potatoes or Plot Market Garden Greens

Sweet Yam Benny 17.75 (GF)

Roasted Sweet Yam, Poached Eggs, Avocado Puree, Mango & Habanero Hollandaise,
HOB Café Slaw, Choice of Confit Potatoes or Plot Market Garden Greens

***Vegan Option with Fried Plantain* add \$2.5**

Vegetarian Full Breakfast 17.50

Two Eggs any style, Smoked Tempeh, Toast, Choice of Confit Potatoes or Artisan Greens

Vegetarian African Bowl 17.50 (DF) (GF)

Jollof Rice, Pickled Vegetables, Scrambled Eggs & Smoked Eggplant Puree

***Vegan Option with Smoked Tempeh* add 2**

Vegetarian Shakshuka 19.50 (DF) (Can be made Vegan & GF)

Spiced Tomato Sauce, Artichokes, Chickpeas, Peppers, Tempeh, Poached Eggs
Feta Cheese, Chermoula & Sourdough Toast

Forager Galley Mushrooms & Waffle 18

Waffle, Sunny Side Eggs, Red Wine Poached Pears, Crumbled Blue Cheese
Confit Potatoes & Red Wine Reduction

Hot & Cold Beverages

Silk Road tea 3.5	Drip coffee 3.5	Cappuccino 4.45
Pop 3	Espresso 3.65	Chai Latte 4.65
Juice 3.75	Americano 3.75	London Fog 4.65
House Lemonade 4	Latte 4.45	Turmeric Latte 4.95
Hot Chocolate 4.5	Mocha 5.5	Add 1.5oz Alcohol 4

Alcoholic Beverages All cocktails have 1½-2 ounces of alcohol.

Charlotte's Mimosa *House lemonade & Sparkling Wine **9.50**

Shaft *Kahlua, Vodka, Espresso, Cream **12.50**

Rum Punch *Appleton Rum, Pineapple, Orange, Grenadine & Bitters **12**

HOB Jerk Caesar *Jerk Chicken skin, Pickled Vegetables & Gin or Vodka **13**

House Red or White * 6oz Glass **10** * 9oz Glass **14**

Sangria *Open Red/White, Brandy, Housemade Syrup, OJ, Tonic, Fresh Fruit **13**

Phillips *Blue Buck **7** **Hoyne** *Dark Matter **7** **Stanley Park** *Sesh Lager **7**

Yellow Dog *Squirrel Chaser **9** **DriftWood** *Fat Tug **9**

Merridale Cider *Cowichan Dry *Merri Berri *Mo'Moro **9**

HOB KIDS MENU

12 years & under

2 PC French Toast 12

Banana French Toast, Whipped Cream, Caramel & Berries

Kids Waffles 12

Whipped Cream, Caramel & Berries

Cheesy Potatoes 7

Breakfast Potatoes with Melted Cheddar

Kids Full Breakfast 12

One Egg, Potatoes, Toast, Bacon or Sausage

Grilled Cheese 10

Brioche with Cheddar & Side of Vegetables

Chickpea Fries 8

Side Vegetables & Ketchup

Kids African Bowl 12

Rice, scrambled egg, Sausage

