

HOB Menu

Crab Benny 21 (GF)

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

Banana Bread French Toast 18

Candied Nuts, Fresh Berries, Toffee & Nutmeg Cream

Hippie Benny 18.5 (GF)

Poached Eggs, Chickpea Cake, Kale & Wild Mushrooms
Arugula Hollandaise with choice of Potatoes or Artisan greens

Full Breakfast 18

Two Eggs any style, Glenwood Chicken Sausage or Bacon, Toast, Potatoes or Artisan greens

African Bowl 19.5 (DF) (GF)

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

Harissa Chicken Crepe 19.5

Marinated Chicken Breast, Grilled Asparagus, Leeks, Caramelized Onions
Harissa Jus, with choice of Artisan Greens or Potatoes

Jerk Pork Belly Sandwich 20 (DF)

Peasant Bun, Harissa Aioli with HOB Slaw, Candied Jalapeno, Pickled Onions
Side of Artisan Greens or Potatoes

HOB Feature Soup 15

Weekly Feature Soup with Toast

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** **Hoyme** *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**

-Gift cards available for your family and friends-

-Visit our pantry store at 2829 Peatt Road-

Vegan Benny 17.5 (DF) (GF)

Chickpea Cake, Kale & Wild Mushrooms, Smoked Tempeh, Eggplant Puree with choice of Potatoes or Artisan greens

Sweet Yam Benny 17.5 (GF)

Roasted Sweet Yam, Poached Eggs, Avocado Puree, Mango & Habanero Hollandaise, HOB Café Slaw, with choice of Potatoes or Artisan greens

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

Vegetarian Full Breakfast 17

Two Eggs any style, Smoked Tempeh, Toast, with Potatoes or Artisan greens

Vegetarian African Bowl 17 (DF) (GF)

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

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

Harissa Grilled Halloumi Crepe 18

Harissa Aioli, Grilled Asparagus, Leeks, Caramelized Onions & Mushrooms
Choice of Artisan Greens or Potatoes

Smoked Tofu Sandwich 17 (Vegan, DF)

Peasant Bun, Harissa Vegan Aioli, Candied Jalapeno, Pickled Onions
Side of Artisan Greens or Potatoes

Lunch Special

Please ask our friendly staff members

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

Sides

Gluten Free Toast **2.5**

Side of Potatoes **5**

Chickpea Fries **7.5**

Add an Egg **2.5**

2pc Chicken Sausages **7**

Side of Greens **6**

Side of Bacon **4.5**

Hollandaise **3**

Hot & Cold Beverages

Silk Road tea **3.5**

Pop **3**

Juice **3.75**

House Lemonade **4**

Hot Chocolate **4.5**

Drip coffee **3.5**

Espresso **3.65**

Americano **3.75**

Latte **4.45**

Mocha **5.5**

Cappuccino **4.45**

Chai Latte **4.65**

London Fog **4.65**

Turmeric Latte **4.95**

Add 1.5oz Alcohol **4**

Additional Sides

Toast 1.5

GF Toast 2.5

Extra Pickled Veg/onions/candied jalapeno 2

Side Halloumi w/Sauce 4

Side Chicken w/Sauce 6

Extra chickpea patty 3.5

Side Jollof rice 5

Avocado 6

Sauteed Mushroom & kale 6

Extra Crab 8

Side Plantain 4

Side Tempeh 3.5

1pc side pork belly 10

1pc extra yam benny 7

1pc extra vegan benny 7

1pc extra hippy benny 8

1pc extra crab benny 11.50

HOB KIDS MENU

12 years & under

2 PC French Toast 12

Banana French Toast with Whipped Cream, Toffee & 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

