

Name: \_\_\_\_\_

- TOASTED
- TO GO
- FOR HERE



- pick 1:**
- classic white
  - multigrain
  - wrap

- pick 3:**
- |  |  |
|--|--|
| <input type="radio"/> mayo             | <input type="radio"/> french's mustard |
| <input type="radio"/> horseradish mayo | <input type="radio"/> chipotle mayo    |
| <input type="radio"/> dijon mustard    | <input type="radio"/> cranberry relish |
| <input type="radio"/> guinness mustard | <input type="radio"/> hummus           |

- pick 1:**
- |                                       |   |
|---------------------------------------|---|
| <input type="radio"/> roasted turkey  | <input type="radio"/> italian ham                             |
| <input type="radio"/> rare roast beef | <input type="radio"/> salami                                  |
| <input type="radio"/> meatloaf        | <input type="radio"/> <b>add \$1.00:</b> handmade corned beef |

- pick 1:**
- |                                      |   |
|--------------------------------------|---|
| <input type="radio"/> swiss cheese   | <input type="radio"/> aged cheddar      |
| <input type="radio"/> havarti cheese | <input type="radio"/> smoked mozzarella |

- pick any:**
- |                                    |                                       |
|------------------------------------|---------------------------------------|
| <input type="radio"/> cucumber     | <input type="radio"/> banana peppers  |
| <input type="radio"/> red onion    | <input type="radio"/> leaf lettuce    |
| <input type="radio"/> dill pickles | <input type="radio"/> roasted peppers |
| <input type="radio"/> tomato       | <input type="radio"/> salt and pepper |

- make it a meal**
- |                    |                                   |
|--------------------|-----------------------------------|
| <b>add \$2.50:</b> | <input type="radio"/> fries       |
| <b>add \$3.00:</b> | <input type="radio"/> soup        |
| <b>add \$4.50:</b> | <input type="radio"/> daily salad |
|                    | <input type="radio"/> kale caesar |

Part of the  
HEATHER HOSPITALITY GROUP  
Irish Heather. Shebeen. Salty Tongue. Salt. Bitter. Rainier.

SERVING GASTOWN SINCE 1997

●● **BREAKFAST** ●●

8 to 11am Mon-Fri | 9 to 2pm Sat & Sun

**The Classic \$11**

local eggs, irish bacon, toulouse sausage, fresh chopped salad,  
cajun style smashed potatoes and toast

**Shakshuka \$10**

local free run eggs basted in slow cooked tomato and red pepper,  
fresh chopped salad, tahini, served with toast

**Breakfast Sandwich \$5**

locally grown mushroom ragout, egg, smoked mozzarella,  
and honey mustard mayo

or

irish bacon, egg, aged cheddar, and honey mustard mayo

**Yoghurt Parfait \$4**

creamy yoghurt with housemade granola and fruit compote

**BAKED GOODS**

- banana bread \$2
- carrot loaf \$2
- muffin \$2.25
- brownie \$2.25
- dark chocolate chunk cookie \$2
- chunky peanut butter cookie \$2
- featured cookie \$2
- daily pie \$6

## SOUPS & SALADS

### Chicken Noodle \$6

a comforting classic: chicken, noodles, carrots, celery and parsley

### Featured Soup \$6

ask for details

### Chicken Caesar Salad \$14

our very tasty kale caesar topped with grilled chicken breast and orange segments

### Chickpea Tofu Salad \$14

a delicious chickpea salad, vegetables throughout smoked firm tofu and mixed sprouts

### Prawns & Asparagus Salad \$14

loaded with protein quinoa, veggies, prawns and asparagus

## SANDWICHES

### Turkey & Mozzarella \$7.95

cranberry chutney, mayo, lettuce and smoked mozzarella

### Mike Vitow's Corned Beef \$9.95

classic reuben with handmade corned beef, swiss cheese, sauerkraut and thousand island dressing

### Poorman's Burger \$9.95

ground beef meatloaf, tomato jam, shaved red onion and mustard

### Rare Roast Beef \$7.95

havarti cheese, red onion, horseradish mayo and dijon

### Albacore Tuna Melt \$8.95

poached line caught tuna loin, shredded and blended w/ mayo, lemon, celery and seasons

### Bacon BLT \$7.95

a classic with a twist of irish bacon, lettuce and tomato

### Apple Pulled Pork \$9.95

housemade BBQ sauce, pulled pork and pickled slaw on a parker bun from our bakery

### Design Your Own \$8.25

design your own classic sandwich

## the STANDARDS

### Vegan Pot Pie \$15

vegan pastry, stewed vegetable filling, served with one of the side salads

### Bangers & Mash \$16.50

moroccan style sausages, handmade by the urbani family, cabbage laced mashed potatoes

### Steak & Ale Pot Pie \$16

taught to us by Maori all-black player Steve Hotton, this is our signature dish served with handcut fries

### Fish & Chips \$16

beer battered cod, hand cut fries, fresh cut slaw and house made tartar sauce

### Pasta Bolognese \$16

rich, housemade beef sauce served over penne and topped with parmesan cheese

## SIDES

### Chickpea Salad \$3 SMALL | \$5 LARGE

a bright salad loaded with protein rich chickpeas and veggies

### The Kale Caesar \$7 SMALL | \$10 LARGE

fresh kale, our house caesar dressing, rosemary croutons and parmesan cheese

### Hand Cut Fries \$5

skin on and twice fried

## DESSERTS

banana bread \$2

carrot loaf \$2

featured cookie \$2

dark chocolate chunk cookie \$2

chunky peanut butter cookie \$2

triple chocolate brownie \$2.25

ice cream \$3 SINGLE | \$5 DOUBLE

daily pie \$6

## DRINKS

boylans \$2.50

phillips soda \$2.50

good drink \$3.09

odwalla \$3.65

orangina \$2.10

san pelligrino soda \$3.99

acquana panna \$3.99

san pelligrino \$1.99 SM | \$3.99 LG

i love van water \$2