

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"/> add \$1.00: <input type="radio"/> 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**
- | | |
|--------------------|-----------------------------------|
| add \$2.50: | <input type="radio"/> fries |
| | <input type="radio"/> soup |
| add \$3.00: | <input type="radio"/> daily salad |
| add \$4.50: | <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