

# OPENING BITES

## HUMMUS & CRUDITES

Raw organic veggies served with house hummus and crispy pita triangles.

\$12.00 <sup>VEG</sup>

## HUMMUS & PITA

House hummus and crispy pita triangles.

\$8.00 <sup>VEG</sup>

## PITA CHIPS WITH GUACAMOLE AND SALSA

Organic guacamole & fresh tomato salsa served with oven baked cheesy pita chips.

\$10.50 <sup>VEG</sup>

## MEDITERRANEAN PLATTER

Herb marinated Spanish manchego, goat cheese feta, Quebec brie, and buffalo mozzarella. Served with Kalamata olives, Leyda's chutneys, homemade pickled vegetables, and toasted house bread.

\$15.75 <sup>VEG</sup>

## CHARCUTERIE PLATTER

Selection of house duck pancetta, wild Sockeye Salmon gravlax and herbed roasted lamb. Served with Kalamata olives, Spanish manchego, Quebec brie, Leydas chutney and toasted house bread.

\$19.00

## SICILIAN STYLE WEST COAST MUSSELS

Mussels simmered in white wine with plum tomatoes, a hint of chilli, roasted garlic and caramelized onions. Finished with fresh herbs, served with house bread and a side of kale salad.

\$16.25

## LEYDA'S NACHOS

Leyda's nacho chips layered with fresh diced tomatoes, red peppers, red onion, jalapenos, black olives and topped with organic melted mozzarella cheese. Served with salsa and sour cream.

\$16.00 / ADD GROUND BISON \$5.00

## PACIFIC OYSTERS

Two fresh oysters with blue cheese, lemon gremolata and drizzled with Leyda's hot sauce.

\$5.00

## AFTER 4 PM

**TUESDAY** BURGER AND FRIES \$10

**WEDNESDAY** 1 POUND OF MUSSELS \$10

**THURSDAY** FISH TACOS \$11

**THURSDAY** 1/2 PRICED WINE

# SOUPS

## LEYDA'S AYRUVEDIC SOUP

Organic green kale, white quinoa, roasted sweet potato, coconut cream and fresh ginger, infused with Leyda's blend of ancient Ayurvedic spices.

\$7.00 <sup>VEG</sup>

## SOUP OF THE DAY

\$7.00

## LEYDAS SOUP CUP OR SOUP OF THE DAY CUP

\$4.00

# SALADS

## MEDITERRANEAN QUINOA SALAD

Local cherry tomatoes, cucumbers, Kalamata olives, goat feta, and citrus segments, on organic greens with an oregano vinaigrette .

\$14.25 <sup>VEG</sup> / ADD CHICKEN OR SALMON \$5.00

## MIGHTY KALE

Green kale massaged with Spanish olive oil and lemon juice, tossed with an oregano vinaigrette and finished with hemp hearts, Leyda's croutons and shredded parmesan cheese.

\$14.25 <sup>VEG</sup> / ADD CHICKEN OR SALMON \$5.00

## MANGO SHRIMP SALAD

Red cabbage, roasted red beets, butternut squash, crispy wakame, and mango shrimp skewers, served with a blueberry and cinnamon vinaigrette and goat cheese crumble.

\$16.50

## TEMPURA EGGPLANT SALAD

Sautéed mushrooms and asian julienned vegetables, served on a bed of mixed greens, with a miso dressing. Accompanied with house kimchi, thinly sliced eggplant tempura and finished with a drizzle of local honey.

\$16.00 <sup>VEG</sup>

## MOROCCAN LAMB SALAD

Pan roasted New Zealand lamb skewers, rubbed with moroccan spices and served with saffron quinoa couscous and mixed greens. Garnished with dates, cherry tomatoes, cucumber, orange segments, and red onion. Tossed with a lemon, mint and apple cider vinaigrette.

\$17.00

# SANDWICHES

All sandwiches come with the daily side salad.

## **SUNDRIED TOMATO CHICKEN SALAD SANDWICH**

Organic chicken roulade combined with a sundried tomato mayo and served with sprouts, sliced tomato, avocado, and red onion.

\$14.50

## **VEGAN WRAP**

Roasted red pepper, organic cucumbers, sliced tomatoes, fresh arugula and pickled onion. Served in a brown rice tortilla spread with homemade hummus.

\$13.50 <sup>VEG</sup>

## **CALAMARI WRAP**

Ocean wise baked calamari, roasted red pepper, organic cucumbers, sliced tomatoes, fresh arugula and pickled onion. Served in a brown rice tortilla spread with homemade tzatziki dressing.

\$15.00

## **BISON BURGER**

Grass-fed bison burger, topped with oyster mushrooms, arugula, and melted mozzarella cheese, served with roasted potato wedges, housemade ketchup and saffron aioli.

\$15.50

## **PORTOBELLO MUSHROOM BURGER**

Portobello mushroom marinated in fine herbs, garlic, and balsamic topped with melted organic mozzarella. Served with tomatoes, arugula, and a roasted garlic aioli.

\$15.00

## **BEEF & BEET RUEBEN**

Leydas corned beef thinly sliced, served in Leyda's red beet rye bread with pickled red cabbage, dijon mustard and melted swiss cheese. Accompanied with corned beef jus.

\$14.50

## **AFTER 4 PM**

**TUESDAY BURGER AND FRIES \$10**

**WEDNESDAY 1 POUND OF MUSSELS \$10**

**THURSDAY FISH TACOS \$11**

**THURSDAY 1/2 PRICED WINE**

# PIZZAS

## MARGARITA BASIL

Leyda's house tomato sauce, mozzarella di buffalo cheese and fresh basil.

\$14.50 <sup>VEG</sup>

## LEYDA'S FAVE

Crimini and oyster mushrooms, black truffle oil, fresh arugula and melted brie cheese.

\$16.50 <sup>VEG</sup>

## TACO PIZZA

Red peppers, jalapenos, diced tomatoes, red onion, black olives crushed tortilla chips drizzled with sour cream.

\$15.50 <sup>VEG</sup>

## CHICKEN PESTO

Roasted organic chicken, red onion, roasted red pepper and house parmesan pesto topped with fresh arugula.

\$16.75

# ENTREES

## BLACK BEAN AND CHICKEN QUESADILLA

Brown rice tortilla filled with organic chicken, fresh arugula, red pepper, black beans, cherry tomato spicy brava sauce and melted mozzarella cheese. Served with sour cream and salsa on the side.

\$15.50

## QUICHE

Roasted eggplant, Roma tomato, arugula, roasted red pepper, zucchini, house pesto, and fresh goat cheese, served with side salad.

\$14.50

## RED CURRY ZUCCHINI NOODLE BOWL

Spicy Thai coconut curry, spiralized zucchini noodles, seasonal julienned vegetables, baby bok choy, red cabbage and tofu.

\$14.75 ADD SHRIMP OR CHICKEN FOR \$5.00

## LEYDAS CABBAGE ROLLS

Green cabbage leaves filled with sautéed organic ground beef, basmati rice, fresh dill, shredded mozzarella and topped with house tomato sauce. Served with a side green salad.

\$15.50

## BUTTER CHICKEN

Organic chicken braised in East Indian tomato sauce served with basmati rice and topped with julienned veggies and toasted pumpkin seeds. Comes with homemade pita bread.

\$15.75

## STEAK AND ROASTED POTATOE WEDGES

4.5oz Striploin a la plancha served with a kale salad and roasted mixed potato wedges finished with a red wine mushroom reduction.

\$17.50

## NATURAL MOCKTAILS

### VITAMIN-C-BUCKTHORN

Local seabuckthorn berries, ginger, honey, orange juice and soda water.  
\$4.25

### HERBAL TONIC

Juniper berries, lavender, citrus, lemongrass and soda water.  
\$4.25

### WEST COAST ZING

Ginger, mint, orange juice and soda water.  
\$4.50

### COOL CRANBERRY CIDER

Organic cranberry juice, fresh squeezed Oj, chai syrup and soda water.  
\$4.50

## SMOOTHIES

### THE PURPLE ONE

Organic blueberries, banana, raw cacao, cinnamon, hemp hearts, sunflower seeds, soy milk, coconut water.  
\$8.50

### ANDI SCORE

Avocado, kale, ginger, turmeric, olive oil, orange juice, coconut water.  
\$8.50

## COOL OFFERINGS

COCONUT WATER \$4.25 HOUSE MADE HONEY LEMONADE \$4.25

ICED GREEN TEA \$4.00 GINGER-AID (HOT OR COLD) \$3.75 LEYDA'S KOLA \$4.50

LEYDA'S REFRESHERS \$4.25 (YOUR CHOICE OF ORANGE, OR BLUEBERRY OR CRAMBERRY AND SODA WATER)

## WARM OFFERINGS

### TEA

Green, black, mint, rooibos or chai  
\$4.25 / POT

### TEA LATTE

Green, black, mint, rooibos or chai  
\$4.75

### HOT CHOCOLATE

\$4.50

FRENCH PRESS COFFEE S \$3.75 M \$4.75 L \$6.50 ESPRESSO \$3.75 AMERICANO \$3.75

CAPPUCCINO \$4.50 LATTE \$4.75 ICED COFFEE \$4.00 ICED LATTE \$4.75

MADE WITH ORGANIC WHOLE MILK OR ORGANIC NON-GMO SOY MILK.

# Sweet Endings

~ SEASONAL ANTI-INFLAMMATORY CHIA PUDDING ~

\$6,50 VEG

~ SPICED CARROT CAKE WITH GOAT CHEESE FROSTING ~

\$8,50 SI

~ CHOCOLATE ESPRESSO DATE CAKE ~

\$8,50 SI

~ CHEF'S CHOICE PIE ~

\$8,50

~ CHOCOLATE FONDUE WITH FRESH FRUIT ~

\$9,00 VEG

[VEG] Vegan [SI] Slightly Indulgent

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# Inter Mission MENU

Leyda's

# Little things to enjoy at all times

## ~ PARMESAN EGGS ON PITA ~

Two eggs fried or scrambled on Leyda's house pita bread with marinated kale, tomato and parmesan cheese served with a side of fruit.

\$12,00 VEG

## ~ HUMMUS & CRUDITÉS ~

Raw organic veggies served with house hummus and crispy pita triangles.

\$12,00 VEG

## ~ HUMMUS & PITA ~

House hummus and crispy pita triangles.

\$8,00 VEG

## ~ PITA CHIPS WITH GUACAMOLE & SALSA ~

Organic guacamole and fresh tomato salsa served with oven baked cheese pita chips.

\$10,50 VEG

## ~ CHARCUTERIE PLATTER ~

Selection of house duck pancetta, wild Sockeye Salmon gravlax and juniper berry chicken ham served with Kalamta olives, Spanish Manchego, Quebec brie, Leyda's chutney and house bread.

\$19,00

## ~ MEDITERRANEAN PLATTER ~

Selection of cheese marinated in fresh herbs and organic spanish olive oil, served with olives, Leyda's chutney and house bread.

\$15,75

## ~ COCONUT RED CURRY MUSSELS ~

Mussels steamed in house coconut red curry sauce served with fresh kale, garbanzo beans and a side of kale salad.

\$16,00

## ~ BISON BURGER ~

Grass-fed bison burger, topped with oyster mushrooms, arugula, and melted Macheo cheese, served with roasted potato fries, house-made ketchup and saffron aioli.

\$15,00

## ~ LEYDA'S NACHOS ~

Leyda's nacho chips layered with fresh diced tomatoes, red peppers, red onion, hot green peppers, black olives topped with organic melted mozzarella cheese. Served with salsa and sour cream.

\$16,00 ADD GROUND BISON \$5.00

# Salads

## ~ MEDITERRANEAN QUINOA SALAD ~

Local cherry tomatoes, cucumbers, Kalamata olives, goat feta and citrus segments, on organic greens with an oregano vinaigrette.

\$14,00 ADD CHICKEN OR SALMON \$4,50 VEG

## ~ MIGHTY KALE ~

Green kale massaged with Spanish olive oil and lemon juice, tossed with an oregano vinaigrette and sprinkled with hemp hearts, Leyda's croutons and shredded parmesan cheese.

\$13,25 ADD CHICKEN OR SALMON \$4,50 VEG

# Soups

## ~ LEYDA'S AYURVEDIC SOUP ~

Kale, black quinoa, sweet potato, coconut and ginger infused with Leyda's blend of ancient ayurvedic spices.

\$7,00 VEG

## ~ DAILY SOUP CREATION ~

\$6,75

# Pizzas

## ~ MARGARITA BASIL ~

Leyda's house tomato sauce, mozzarella di buffalo cheese fresh basil.

\$14,50 VEG

## ~ LEYDA'S FAVE ~

Crimini and oyster mushrooms, black truffle oil, fresh arugula and melted brie cheese.

\$16,50 VEG

## ~ CHICKEN RANCH ~

Organic juniper chicken ham, mozzarella cheese, fresh arugula, caramelized onions finished creamy ranch dressing.

\$17,00

# OPENING BITES

## HUMMUS & CRUDITÉS

Raw organic veggies served with house hummus and crispy pita triangles.

\$12.00 <sup>VEG</sup>

## HUMMUS & PITA

House hummus and crispy pita triangles.

\$8.00 <sup>VEG</sup>

## PITA CHIPS WITH GUACAMOLE AND SALSA

Organic guacamole & fresh tomato salsa served with oven baked cheesy pita chips.

\$10.50 <sup>VEG</sup>

## MEDITERRANEAN PLATTER

Herb marinated Spanish Manchego, goat cheese feta, Quebec brie, and buffalo mozzarella. Served with Kalamata olives, Leyda's chutneys, homemade pickled vegetables, and toasted house bread.

\$15.75

## CHARCUTERIE PLATTER

Selection of house duck pancetta, wild Sockeye Salmon gravlax and herbed roasted lamb. Served with Kalamata olives, Spanish manchego, Quebec brie, Leydas chutney and toasted house bread.

\$19.00

## SICILIAN STYLE WEST COAST MUSSELS

Mussels simmered in white wine with plum tomatoes, a hint of chill, roasted garlic and caramelized onions. Finished with fresh herbs, served with house bread and a side of kale salad.

\$16.00

## MEDITERRANEAN QUINOA SALAD

Local cherry tomatoes, cucumbers, kalamata olives, goat feta, and citrus segments, on organic greens with an oregano vinaigrette.

\$13.00 <sup>VEG</sup>

## MIGHTY KALE

Organic green kale massaged with Spanish olive oil and lemon juice tossed with oregano in vinaigrette.

\$13.00 <sup>VEG</sup> / ADD ORGANIC CHICKEN OR WILD SOCKEYE SALMON \$6.00

### **LEYDA'S NACHOS**

Leyda's nacho chips layered with fresh diced tomatoes, red peppers, red onion, jalapeño peppers, black olives and topped with organic melted mozzarella cheese. Served with salsa and sour cream.

\$16.00 / ADD GROUND BISON \$5.00

### **PACIFIC OYSTERS**

Two fresh oysters with blue cheese, lemon gremolata and Leyda's hot sauce.

\$5.00

### **CHILEAN CALAMARI**

Certified Ocean Wise calamari sautéed in garlic butter and finish with an orange chill sauce.

\$15.00

### **SPOT PRAWNS A LA PLANCHA**

Delicious West Coast Spot Prawns, lightly seared and finished with a Spanish salsa verde. Served with an arugula salad tossed in a lime and avocado dressing.

\$16.50

### **TEMPURA EGGPLANT RAVIOLO**

Crispy eggplant raviolo, filled with an organic mushroom ragout. Drizzled with local honey and shaved parmesan

\$13.75

## **SOUPS**

### **LEYDA'S AYURVEDIC SOUP**

Kale, white quinoa, sweet potato, coconut and ginger infused with Leyda's blend of ancient Ayurvedic spices.

\$7.00 <sup>VEG</sup>

### **SOUP OF THE DAY**

\$7.00

### **LEYDAS SOUP CUP OR SOUP OF THE DAY CUP**

\$4.00

## **AFTER 4 PM**

**TUESDAY BURGER AND FRIES \$10**

**WEDNESDAY 1 POUND OF MUSSELS \$10**

**THURSDAY FISH TACOS \$11**

**THURSDAY 1/2 PRICED WINE**

# ENTREES

## **SWEET POTATO AND VEGETABLE PAVE**

Thinly sliced zucchini, roasted red peppers, caramelized onions, organic sweet potato, fresh spinach, layered and baked with tomato sauce. Topped with house béchamel and accompanied by our kale salad. Ask your server about our vegan option.

\$22.00

## **CHICKEN MARSALA**

Lemon marinated organic chicken, sautéed with garlic and mushrooms. Topped with a Marsala cream reduction, served with polenta and roasted vegetables.

\$26.50

## **MAPLE SOCKEYE SALMON**

Wild sockeye salmon lightly seasoned with organic Costa Rica peppercorn and sea salt topped with a maple bourbon glaze. Served with pan roasted seasonal vegetables and basmati rice pilaf.

\$26.50

## **HERBED LAMB CHOPS**

Herb crusted lamb chops, pan seared and served with a red wine demi-glaze. Accompanied by white truffle duchesse potatoes and sautéed veggies.

\$28.00

## **STRIPLOIN WITH LOBSTER MAC&CHEESE**

8 oz beef striploin, featuring a Nova Scotia lobster mac&cheese. Served with pan roasted seasonal vegetables and finished with a mushroom demi-glaze.

\$34.00

## **NORTHERN SASKATCHEWAN PIKE**

Pan seared Northern Pike served on a bed of green pea risotto and julienned veggies, finished with a lemon beurre blanc.

\$25.00

## **AFTER 4 PM**

**TUESDAY BURGER AND FRIES \$10**

**WEDNESDAY 1 POUND OF MUSSELS \$10**

**THURSDAY FISH TACOS \$11**

**THURSDAY 1/2 PRICED WINE**

# PIZZAS

## **MARGARITA BASIL**

Leyda's house tomato sauce, mozzarella di buffalo cheese with fresh basil.

\$14.50 <sup>VEG</sup>

## **LEYDA'S FAVE**

Crimini and oyster mushrooms, black truffle oil, fresh arugula and melted brie cheese.

\$16.50 <sup>VEG</sup>

## **TACO PIZZA**

Red peppers, jalapeños, diced tomatoes, red onion, black olives  
crushed tortilla chips drizzled with sour cream.

\$15.50 <sup>VEG</sup>

## **CHICKEN PESTO**

Roasted organic chicken, red onion, roasted red pepper  
and house parmesan pesto topped with fresh arugula.

\$16.75

## **AFTER 4 PM**

**TUESDAY** BURGER AND FRIES \$10

**WEDNESDAY** 1 POUND OF MUSSELS \$10

**THURSDAY** FISH TACOS \$11

**THURSDAY** 1/2 PRICED WINE

## NATURAL MOCKTAILS

### VITAMIN-C-BUCKTHORN

Local seabuckthorn berries, ginger, honey, orange juice and soda water.

\$4.25

### HERBAL TONIC

Juniper berries, lavender, citrus, lemongrass and soda water.

\$4.25

### WEST COAST ZING

Ginger, mint, orange juice and soda water.

\$4.50

### COOL CRANBERRY CIDER

Organic cranberry juice, fresh squeezed Oj, chai syrup and soda water.

\$4.50

## COOL OFFERINGS

### COCONUT WATER

\$4.25

### HOUSE MADE HONEY LEMONADE

\$4.25

### ICED GREEN TEA

\$4.00

### GINGER-AID (HOT OR COLD)

\$3.75

### LEYDA'S KOLA

\$4.50

### LEYDA'S REFRESHERS

(YOUR CHOICE OF ORANGE, OR BLUEBERRY OR CRAMBERRY AND SODA WATER)

\$4.25

## WARM OFFERINGS

### TEA

Green, black, mint, rooibos or chai

\$4.25 / POT

### TEA LATTE

Green, black, mint, rooibos or chai

\$4.75

### HOT CHOCOLATE

\$4.50

FRENCH PRESS COFFEE S \$3.75 M \$4.75 L \$6.50 ESPRESSO \$3.75 AMERICANO \$3.75

CAPPUCCINO \$4.50 LATTE \$4.75 ICED COFFEE \$4.00 ICED LATTE \$4.75

MADE WITH ORGANIC WHOLE MILK OR ORGANIC NON-GMO SOY MILK.



Leyda's



*Beverages*

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## red wine

// Leyda's Fave: Villa Teresa Merlot Italy. Organic	\$8 Glass	\$36 Bottle
// Bonterra Cabernet Sauvignon [2011] California. Organic	\$10 Glass	\$44 Bottle
// Summerhill Pinot Noir [2011] Kelowna, BC	\$12 Glass	\$58 Bottle
// The Organic Wine Works A Notre Terre Rhone Style Red [2008] California. Organic, Sulphite free		\$54 Bottle
// Quails Gate Old Vines Foch Okanagan Valley		\$52 Bottle
// Osoyoos Larose Le Grand Vin, VQA Osoyoos, BC		\$80 Bottle

## white wine

// Leyda's Fave: Villa Teresa Pinot Grigio [2013] Italy, Organic	\$8 Glass	\$38 Bottle
// Alive Organic White Wine [2011] Okanagan Valley BC	\$9 Glass	\$50 Bottle
// Oyster Bay Sauvignon Blanc [2013] New Zealand	\$9 Glass	\$42 Bottle
// Bonterra Chardonnay [2011] California, Biodynamic	\$10 Glass	\$44 Bottle
// See Ya Later Ranch 'Pinot 3' VQA [2011] Okanagan Valley		\$42 Bottle
// Charles Smith 'Kung Fu Girl' Riesling Columbia Valley		\$56 Bottle

## beer

// Bards Gold Sorghum Malt Beer Minnesota	\$7.00
// Estrella Daura Lager 330 ml. Spain	\$5.75
// Mongozo Premium Pilsner 330 ml. Belgium. Organic, Fair Trade	\$6.25

## on tap

// Somersby Cider Denmark	\$7.50
// Strongbow Cider England	\$7.50
// Mongozo Pilsner Belgium	\$7.50

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