

Breakfast

Served 10:00am-12:00pm

Umaga Bowl **\$14.70**

Steamed rice with avocado, grape tomatoes, green onions, nori flakes, and toasted sesame seeds. Topped with umaga sauce and a fried egg.

Add bacon or sausage. \$4.20

T-Crew Sandwich **\$10.50**

Fried egg topped with cheddar cheese, tomatoes, red onions, greens, hash brown rosti, and roasted garlic mayo on a warmed kaiser bun.

Add bacon or sausage. \$4.20

Bright Eye Smoothie **\$8.65**

Banana, blueberries, flax seeds, almond milk, avocado, greens, and powder all blended together.

Grab & Go

Served 10:00am-5:00pm

Fruit **\$2.65**

Rice Krispies Square **\$4.00**

Cookie **\$4.00**

Muffin **\$4.50**

Granola Bar **\$4.75**

Sausage Roll **\$5.00**

Chicken Samosa **\$5.50**

Veggie Samosa **\$5.50**

Pizza Slice **\$7.60**

Bao Bun **\$9.00**

Baked bun stuffed with goodness.

Lunch

Served 12:00pm-4:30pm

Kootbano **\$15.25**

Thinly sliced roasted pork served on a warmed baguette with a spicy mustard. Topped with hoisin, swiss cheese, shredded carrot, pickled red onion, julienned sui choy, drizzled with almond lime dressing.

Hummingbird Bowl **\$16.30**

Steamed rice with julienned sui choy, shredded carrot, grape tomatoes, candied almonds, avocado, green onions, drizzled with almond lime dressing.

Add smoked pork or tofu. \$4.20

Classic Grilled Smokie **\$14.70**

Grilled smokie served on a warmed baguette and topped with all the fixings.

Canadian Belle Bowl **\$16.30**

Greens and quinoa with spiced roasted chickpeas, grape tomatoes, avocado, pickled red onion, and grated carrots. Tossed in roasted sunflower seed vinaigrette.

Add smoked pork or tofu. \$4.20

Nachos **\$18.50**

Tri-coloured corn tortillas baked with Monterey Jack cheese, olives, banana peppers, red onions, and topped with sour cream and salsa.

 - Vegetarian  - Vegan  - Gluten-free

Prices & availability subject to change



Hummingbird
LODGE

Hot Beverages

	8oz	12oz	16oz
Drip Coffee	\$3.50	\$4.00	\$5.75
Virtue Tea			\$3.75
Hot Apple Cider	\$3.95	\$4.75	\$5.75
Hot Chocolate	\$4.00	\$4.75	\$5.75
Espresso	\$4.25		
Americano		\$4.25	\$4.25
Canadiano	\$4.75	\$5.00	\$5.50
Latte	\$5.00	\$5.25	\$5.75
Cappuccino	\$5.00	\$5.25	\$5.75
Mocha	\$5.50	\$6.00	\$6.50
Chai Latte		\$5.50	\$6.50
London Fog		\$5.75	
Kootenay Fog		\$5.75	
Breve	\$5.50	\$6.25	

<i>Paper Cup</i>			<i>\$0.25</i>
<i>Add Flavoured Shot</i>			<i>\$0.75</i>
<i>Whipped Cream</i>			<i>\$0.75</i>
<i>Substitute Milk</i>			<i>\$0.75</i>
<i>Extra Espresso Shot</i>			<i>\$4.25</i>
<i>Add 1.5oz Jameson's Irish Whiskey or Bailey's</i>			<i>\$6.25</i>

Cold Beverages

Juice Box	\$2.75
Bottled Water	\$3.25
Sparkling Water	\$3.50
San Pellegrino	\$3.75
Juice Bottle	\$4.00
Pop Bottle	\$4.00
Gatorade	\$4.00
Yerba Mate	\$4.75

Alcoholic Beverages

Served 11:00am-5:00pm

Kootenay True Ale 12oz can	\$7.50
Soma Apple Cider 12oz can	\$7.50
Strait & Narrow 12oz can	\$7.50
Nütrl Vodka Soda 12oz can	\$7.50
Olé Paloma 12oz can	\$8.00
Backroads IPA 16oz can	\$8.50
NBC Bent Pole 16oz can	\$8.50
Mott's Caesar 15.5oz can	\$9.50



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- Vegan



- Gluten-free

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