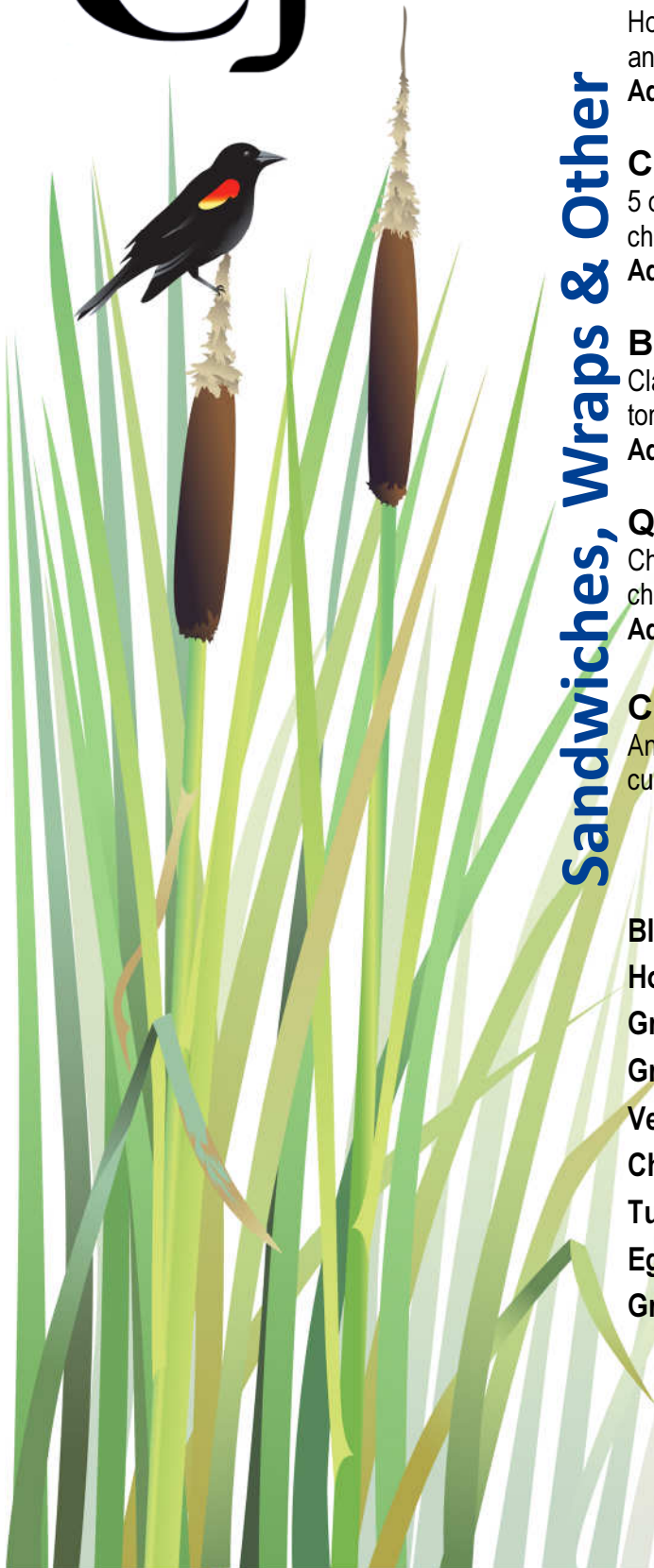


OAK HAMMOCK

Café



Sandwiches, Wraps & Other

Turkey Bacon Club \$6.75

House-Roasted Turkey, Bacon, tomato, lettuce, spicy or regular mayo and guacamole on three slices of white or wheat bread.

Add an egg for \$1.

Cheeseburger \$6.25

5 oz ground beef patty, tomato, lettuce, regular or spicy mayo, Swiss or cheddar cheese.

Add: Bacon \$2, Caramelized Onion \$1, Guacamole \$1, Egg \$1,

BLT Sandwich \$4.75

Classic BLT sandwich served on your choice of bread. mayo, lettuce, tomato and peppered bacon.

Add an egg for \$1.

Quesadilla Platter \$6.50

Cheese, tomatoes, pepper, green onion, with choice of chicken, beef, chorizo or veggie. Tortilla chips, salsa and sour cream.

Add Guacamole for \$0.50.

Cucumber Sandwich \$3.50

An open face toasted English muffin with cream cheese, sliced cucumbers and roasted garlic & pepper seasoning.

Sandwiches or Wraps

Black Forest Ham & Cheese (mayo, tomato, lettuce) \$4.75

House-Roasted Turkey (mayo, tomato, lettuce, cheese) \$5.00

Grilled Cheese (add tomato \$0.50) \$4.00

Grilled Cheese with Black Forest ham or bacon \$4.75

Veggie (fresh veggies, hummus or cream cheese) \$4.50

Chicken Salad (chicken breast, mayo, celery, onion) \$4.50

Tuna Salad (Tuna, mayo, celery, onion, Dijon) \$4.25

Egg Salad (Fresh eggs, onion, Dijon, dill) \$4.25

Grilled 7" Hot Dog (on bun with choice of toppings) \$3.00

Most sandwiches are available as a wrap upon request.

Gluten free bread/English muffin available for \$1.00

Add a side of soup or salad greens for \$2.00

Add cheese or tomato \$0.75



Conserving
Canada's
Wetlands

Manitoba 

Soups/Salads

Daily Soup \$3.25

Made in house with fresh ingredients.
Add a side of Garlic Toast for \$1.00.

Asian Noodle Salad (GF) \$6.00

Rice noodles and loads of fresh veggies tossed in a sesame ginger dressing, topped with chicken, slivered almonds, and sesame seeds.

Caesar Salad & Garlic Toast \$6.75

Side Salad (No Garlic Toast) \$3.25

Add Chicken for \$2.00

Chopped romaine lettuce, croutons, and parmesan cheese tossed in creamy Caesar dressing.

Tossed Garden Salad \$5.25

Side Salad \$3.25

Variety of lettuces, ripe tomatoes, cucumbers and other fresh vegetables tossed with an Italian dressing and croutons.

Greek Salad \$5.75

Chopped romaine lettuce, sliced red onion, crumbled feta cheese, tomatoes, cucumbers and ripe olives served with croutons and a Greek feta dressing.

Mexican Taco Salad \$6.25

Chopped romaine lettuce, shredded cheddar/ Monterey jack cheese, diced tomatoes and your choice of beef or chicken or veggies, accompanied by tortilla chips, salsa and sour cream.

Add guacamole for \$0.50.

Veggie Trio (GF) \$3.25

Carrots, peppers, and sliced cucumbers with your choice of ranch or house-made hummus (GF).

Pita and Hummus \$3.75

House-made Hummus served with Pita chips.

Pita & Hummus Platter \$6.00

Add more chips and the above Veggie Trio.

Breakfast—served until 11am

Marshy Morning Song* \$6.00

2 eggs done your way, hash browns, 2 pieces of toast and your choice of bacon (side or back) or sausage.

Berry Warbler Waffle \$4.50

A Belgian waffle with berries and real maple syrup.

Bufflehead Bounty Bagel \$4.50

Bacon, egg, tomato, cheese, lettuce, mayo & your choice of bagel.

Early Bird Wrap \$4.50

Wrap with egg, cheese, lettuce & mayo with your choice of bacon (side or back) or sausage.

Denver sandwich \$4.75

A toasted sandwich: 2-egg omelet with ham, green onions, cheese, and green peppers.

Chickadee Chorizo Burrito \$4.75

An egg scramble with red onions, chorizo, cheese and salsa wrapped in a flour tortilla & served with sour cream on the side.

Sandpiper Sandwich* \$3.75

Fried egg, cheese and your choice of bacon, sausage or ham on a toasted English muffin.

Bagels \$2.75

Plain, whole wheat or multigrain with cream cheese.

Toast* \$2.25

White, rye or whole wheat bread.

Grilled Cinnamon Bun \$3.50

*Gluten free bread options available for \$1

*allergy note: our kitchen is not nut-free



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