

# CURRENTS

## Restaurant

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### Light Start

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#### **Banana Berry Smoothie 7**

12oz of bananas, strawberries, blackberries, raspberries & juice

GF/DF/V

#### **Avocado Berry Smoothie 9**

12 oz of avocado, strawberries, blackberries, raspberries & juice

GF/DF/V

#### **Hearty Oats 8**

Blend of hearty seeds & oats with coconut, cranberry, cinnamon, maple syrup & oat milk

DF/V

#### **Yogurt Parfait 9**

Layers of B.C. berries, Wildflower Honey, Greek yogurt & hearty Hippy Granola

Trace amounts of gluten

#### **Fruit Salad 9**

A blend of Okanagan apples, Arctic Garden BC berries & bananas

GF/DF/V

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### West Coast Start

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#### **Avocado Bagel 13**

House made bagel topped with avocado, chili threads, seaweed, hemp & sesame seeds

DF/V/ GF option

#### **Bacon Bagel 13**

House made bagel topped with a poached egg bacon, lettuce, tomato, cheddar & garlic aioli

GF option

#### **Smoked Salmon Bagel 13**

House made bagel topped with smoked salmon, capers, shaved red onion & dill cream cheese

GF option

#### **The Classic 18**

Two eggs, bacon, hash browns, sourdough toast & a homemade tomato jam

GF option

#### **The West Coaster 16**

Two poached eggs, sliced avocado, steamed squash, sauteed kale & broccoli

GF option

Gluten free bread 3 / Gluten free bagel 4