



Lunch 11:00 am to 3:30 pm

## Soup...

Made from scratch, using local & organic ingredients whenever possible, served with our own focaccia bread:

- small \$6.75
- large \$8.75

add a soup to any entrée: \$4.75

## Small Soup & Salad... With

signature focaccia

- soup with green & leafy salad \$10.25
- soup with dense salad \$10.75

Sassafras salad dressings are all made here—  
Take your favorite home \$6.25 per 250 ml

## Paninis... grilled sandwiches on 9 grain buns:

Half Panino \$7.25

- with green salad \$10.25
- with soup or dense salad \$11.75

**Veggie...** mayo, pesto, mozza, roast veggie mix (roasted veggies, artichokes and sundried tomatoes).

**Sassafras...** zesty mayo, mozza, pears, caramelized red onions in balsamic, arugula and brie.

**Tuna...** mayo, monterey jack, tuna & celery, sliced black olives, green pepper, arugula.

**Cordon...** zesty mayo, mozza, Swiss, ham, roasted chicken, spinach.

## Salad... Made fresh daily from seasonal produce—we

buy organic greens from Matthias of Northern Bioponics here in Prince George:

- small green, organic, leafy \$5.25, large \$8.25
- small dense salad \$7.25, large \$8.75

add a salad to any entrée: \$4.75 green & leafy, \$5.75 dense

## Quiche... We make our own quiche in a

beautiful butter crust, check with your server for today's special varieties

- \$8.75 per slice
- with a green salad \$13.25
- with soup or a dense salad \$13.75

Full Panino \$11.25

- with green salad \$14.75
- with soup or dense salad \$15.75

**Cranberry Chicken Brie...** mayo, our homemade cranberry sauce, mozza, roasted chicken, cracked pepper, brie.

**Italian...** mayo, mustard, mozza, ham, salami, onion, red and green peppers, spinach, tomato.

**Roma...** mayo, pesto, mozza, tomato slices, basil, thin slices of red onion (seasonal only—ask your server if we have fresh, local basil).



## Entrees...

**Chicken Thai Curry Hot Pot...** Coconut Thai curry infused with lemon grass, kaffir lime leaves and green curry, chicken, potatoes, carrots, red peppers, yams & spinach, served on a blend of sweet Thai rice & Jasmine rice **\$13.25**

**Butter Chicken Hot Pot...** Aromatic & delicious, our butter chicken is served on brown basmati rice with a buttered chapatti (whole wheat flatbread) **\$14.25**. Add our in-house made mango-peach chutney **\$1.00**

**Mushroom Moussaka (Vegetarian)...** layers roasted eggplant, a savory mushroom, cheese & tomato filling, topped with a creamy Béchamel & served with handmade buttered pita **\$15.25**. Add tzatziki **\$.75**

**Shepherd's Pie...** made with local, pasture-fed beef, buttered veggies & fluffy mashed spuds **\$13.25**

**Chili...** your choice of vegetarian loaded with veggies and beans, or meat made with local pasture-fed, hormone-free beef, served with grated cheddar and bread: Small **\$8.75**, Large **\$12.25**

**Crooked Crow Cheese Burger...** made in-house with local antibiotic and hormone-free beef, served on a toasted whole wheat Kaiser bun, topped with tomatoes, lettuce, onions, pickles & our special sauce **\$14.25**

**Crooked Crow Cheeseburger Deluxe** served with potato wedges **\$17.75**

**Crooked Crow Burger** no cheese **\$13.20**. **Crooked Crow Deluxe** served with potato wedges **\$16.75**

**Sassafras Veggie Burger...** our veggie burger is made with walnuts, sunflower seeds, brown rice, eggs, grated carrots and cheese—it's very tasty, served with all the fixings **\$13.25**. **Sassafras Veggie Burger Deluxe** **\$16.75**

**Classic Beef Lasagne...** layers of noodles, sautéed local beef, spicy tomato sauce with roasted tomatoes & garlic, and three cheeses: parmesan, mozzarella and provolone...served with garlic bread **\$14.25**

Add a soup to any entrée: **\$4.75**. Add a salad to any entrée: **\$4.75** green & leafy, **\$5.75** dense

## Desserts...

try our famous, made right here, dessert squares, all found in our display case. We only use unbleached or whole wheat flour, butter and local eggs in our baking.

|  |        |  |        |
|--|--------|--|--------|
| Disgustingly Rich Chocolate Brownies     | \$3.25 | Vegan Yogi Balls (gluten free)               | \$2.00 |
| Espresso Cheesecake Brownies             | \$3.25 | Vegan Lemon Cranberry Coconut (gf)           | \$3.25 |
| Peanut Butter Squares                    | \$3.25 | Granola Bars (gluten free)                   | \$3.75 |
| Raspberry Coconut Squares                | \$3.25 | Pecan Maple Square (Gluten Free)             | \$3.25 |
| Butter Tart Squares                      | \$3.25 | Lemon Squares (gluten free)                  | \$3.25 |
| Strawberry Oat Bars                      | \$3.25 | Chewy Coconut Square (Gluten Free)           | \$3.25 |
| Vegan Bars (gluten free)                 | \$3.25 |  |        |
| Cashew Cardamom Lime Balls (Gluten Free) | \$2.00 | Granola \$3.00 per ½ pound, \$5.50 per pound |        |