

## BREAKFAST

*Available until 2 pm*

### BREAKFAST SANDWICH

Poached farm-fresh egg,  
guacamole, aged white cheddar,  
local greens, peasant bun  
- add *Whole Beast* sliced bacon 3 -

9

### BAGEL & LOX

Toasted Mount Royal sesame bagel,  
pickled shallots, cold-smoked salmon lox

8

- Just bagel and cream cheese 4 -

### BRAISED GREENS & POACHED EGGS (GF)

Local braised greens, two farm-fresh  
eggs, orange cardamom vinaigrette  
- add *Whole Beast* diced bacon 3 -  
- add *WildFire Island* wheat toast 1.5 -

10

### TOAST & JAM

Two slices local *WildFire Island* wheat  
toast, house-made jam

4.5

### GRANOLA & YOGURT

Pecans, pumpkin seeds, raisins, yogurt,  
local rhubarb compote, seasonal fruit

8

### HOUSE BAKING

*Made fresh daily*

Morning glory muffin, banana  
chocolate chip muffin (GF), scones,  
cookies, power spheres

## KIDS

### KIDS' GRANOLA & YOGURT

Just like the big kids' granola, except a bit  
smaller, for smaller appetites

5

### KIDS' SCRAMBLED EGGS

Two eggs, one piece *WildFire Island*  
wheat toast, house-made jam

7

### KIDS' PASTA

Local pasta, olive oil, cheese  
and fresh vegetables.

8

### KIDS' TACOS (GF)

Two chicken tacos, guacamole, Cholula  
aioli, coleslaw, local corn tortillas

9

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At TRE FANTASTICO we strongly believe in  
supporting local, seasonal, and organic.

All of our house-made baked goods use free  
range eggs, organic flour, and organic sugar.  
All seafood is locally sourced. Our meats are  
ethically and naturally produced, and our  
chicken is all Island raised.

**MENU**

**HUMMUS & TAPENADE**

House-made hummus, olive tapenade,  
house-made flatbread

9

**FONDUE & BRIOCHE**

Cast iron baked Swiss raclette cheese,  
warm house-made mini brioche buns

14

**SEASONAL VEGETABLES (GF)**

Local, farm-fresh, always changing, chef inspired

8

**WARM MARINATED OLIVES (GF)**

Picholine, red cerignola, niçoise,  
castelvetrano, citrus marinade, thyme, garlic

5

**TRE BOARD**

Locally cured meats, artisan cheese by  
Fantastico bar-deli, marinated olives,  
bread, apples, toasted local hazelnuts

*Available as a 3 cheese board*

21

**CHICKEN TACOS (GF)**

Three shredded chicken tacos, guacamole,  
Cholula aioli, coleslaw, local corn tortillas

14

**LOCAL GREEN SALAD**

Local greens, quinoa, chickpeas, carrots,  
beets, sunflower seeds, pumpkin seeds

*Choose your dressing: Green Goddess (contains anchovy),  
sesame (vegan, GF), orange cardamom (vegan, GF)*

14

*- add chicken 5 -*

*- add tuna 8 -*

**SESAME SEARED ALBACORE (GF)**

Seared local albacore tuna, sesame  
crust, braised kale, sesame ginger sauce,  
house-pickled ginger

19

**COWICHAN CHICKEN PASTA**

Local Cowichan Bay fettuccine, island  
chicken, local farm vegetables, garlic, chili,  
Manchego cheese, white wine olive oil sauce

18

**WARM QUINOA BOWL**

Canadian quinoa, chick peas, local seasonal  
vegetables, citrus vinaigrette

15

*- add chicken 5 -*

*- add Whole Beast diced bacon 3 -*

**SHORT RIB SANDWICH**

Red wine and whey braised short rib,  
fermented pickles, spicy aioli, house brioche  
bun, side local green salad

17

*- add cheddar 1 -*

**SIDES**

WildFire Baguette & Butter 4

Side Local Salad (GF) 8

Seasonal Vegetables (GF) 8

**DESSERTS**

**BLACKOUT CHOCOLATE CAKE**

7

**CHOCOLATE MOUSSE (GF)**

4

**PANNA COTTA (GF)**

5