

BREAKFAST

Available until 2 pm

BREAKFAST SANDWICH

Poached farm-fresh egg,
guacamole, aged white cheddar,
local greens, peasant bun
- add *Whole Beast* sliced bacon 2.5 -

8

BAGEL & LOX

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

7.5

- just bagel and cream cheese 3.5 -

BRAISED GREENS & POACHED EGGS (GF)

Local braised greens, two farm-fresh
eggs, orange cardamom vinaigrette
- add *Whole Beast* diced bacon 2.5 -
- add *WildFire Island* wheat toast 1.5 -

9

TOAST & JAM

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

4

GRANOLA & YOGURT

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

7

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' SPÄTZLE

German-style spätzle, cheesy cream sauce.
Add peas at no charge.

7

KIDS' TACOS (GF)

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

9

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 AND TAPENADE

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

8

FONDUE

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

14

SEASONAL VEGETABLES

Local, farm-fresh, always changing, chef inspired

8

WARM MARINATED OLIVES (GF)

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

5

TRE BOARD

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

18

TRE TACOS (GF)

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

13

WINTER SALMON (GF)

Oven roasted sockeye salmon, parsnip
purée, wilted kale, seasonal vegetables,
lemon cultured butter

17

SPÄTZLE

Traditional German-style spätzle, peas,
Manchego cream sauce, Whole Beast bacon

13

WARM WINTER SALAD

Heirloom brown rice, Canadian lentils,
sesame ginger dressing, braised greens,
local winter vegetables

13

- add chicken 5 -
- add wild sockeye salmon 10 -

SAUSAGE IN A BUN

Postmark IPA sausage, Portofino pretzel
bun, house-made sauerkraut, Dijonnaise

9

SIDES

WildFire baguette & butter 4

Braised greens (GF) 5

Seasonal vegetables (GF) 8

DESSERTS

BLACKOUT CHOCOLATE CAKE

7

CHOCOLATE MOUSSE (GF)

4

PANNA COTTA (GF)

5