

MENU



BREAKFAST



LUNCH

Call
250-352-2274
To Order Ahead
(please do not leave a message)



377 Baker St, Nelson, BC
www.kootenaybakerycafe.com
OPEN Mon - Sat 8:00am - 4pm

- Baker's Breakfast** **\$7.60**
Baked egg on a toasted bun with sprouts, carrots, mayo or Antoinette's dip. Spelt or GF bun option.
Add cheese/bacon + \$1.00 /+ \$2.00
- Sarah's Breakfast** **\$7.10**
Mini quiche topped with spicy black beans and feta.
- Sourdough Bagel** **\$3.80**
Toasted with butter.
Add fruit jam or plain/herb & garlic cream cheese +\$1.25
- Granola** **\$7.60**
Home made honey almond granola served with blueberries and yogurt (can substitute coconut, oat or almond milk.)
- Huevos Rancheros** **\$13.25**
Potato Latke, baked egg, topped with spicy black beans, salsa, cheese and yogurt.
- Mini Quiche** **\$3.95**
Seasonal veggies, cheese & herbs in a spelt crust.
- Potato Latke** **\$4.95**
Fried potato, onion and egg patty served with yogurt. GF
- Toast** Sourdough, two slices **\$4.95**
GF option available \$5.25
With Bakery-made jam + \$1.25
- BLT** **\$10.25**
All organic bacon, lettuce & tomato. It's a classic!

GF = made with gluten free ingredients



Assorted Pastries Croissants, Donuts, Muffins, Cinnamon Buns, Scones & Turnovers

- Lentil Pot Pie** **\$9.95**
Organic lentils & vegetables inside a flaky spelt crust.
- Chicken or Beef Pot Pies** **\$10.75**
Made with organic/grass fed meat and seasonal veggies.
- Loki Burger** **\$12.25**
BC grass fed beef burger w/organic veggies.
Gluten/dairy free options. Add cheese/bacon \$1.00/2.35
- Shepherd's Pie** **\$10.35**
Creamy organic mashed potatoes, veggies and BC grass fed beef. Gluten free ingredients
- Veggie Bean Burger** **\$9.95**
Flavourful organic black bean and brown rice patty.
Gluten free and dairy/egg free options
- Tuna Melt** 1 slice **\$8.40** 2 slice **\$12.85**
Sustainably caught tuna, salsa verde and cheese.
- Samosa** **\$6.25**
Curry rice and veggies OR Potato and pea (seasonal), served with bakery made chutney.
- Potato Frittata** **\$10.25**
Made with organic potatoes, seasonal veggies & eggs, served with fresh salsa. Gluten free ingredients.
- Silverking Roll** **\$4.50**
Wheat pastry, organic local Silverking tofu and millet filling.
- Sausage Roll** **\$6.95**
Puff pastry, beef & herbs, with honey mustard sauce.
- Mac N Cheese** **\$10.25**
Loaded with local organic Jerseyland cheese, garlic and basil from local farms.

We make bread and buns with gluten free ingredients, please ask your server about substitutions



LUNCH



SANDWICHES



BREAD

- Salads**
- House Salad **\$4.85** 1 scoop
- Quinoa **\$8.25** 2 scoops
- Cottage cheese **\$11.85** 3 scoops
- Kootenay Slaw **\$15.45** 4 scoops
- Kale Salad **+ \$0.50** To go
- Kale Caesar
- Potato

Choice of a Side Salad **\$4.15**
Served with any special
Salads may change seasonally, check our showcase to see what we have available.

PIZZA/SOUP AVAILABLE AFTER 11 A.M

- Pizza**
- Blended wheat crust with Gouda, Mozza, Cafe pizza sauce & veggies
- Veggie/cheese pizza slice** **\$5.35**
- Local/organic meat pizza slice** **\$6.25**
- Mini Pizzas**
- Personal sized pizzas served on spelt or gluten free crust.
- Cheese pizza** **\$7.30**
- Gluten-free pita pizza/veggie pizza** **\$7.95**

- GF meat (made 2 order)** **\$9.75**
- Soups of the day**
- Delicious, organic, usually vegan occasionally with local &/or organic meat
- Cup** **\$5.20**
- Bowl** **\$8.25**
- To go** **+ \$0.50**

- Bagel Sandwich** **\$8.35**
Plain or herb cream cheese, tomato, onion, carrots and sprouts.
- Egg Salad Croissant** **\$9.75**
Classic croissant, eggs, mayo, pickle relish & veggies, carrots & sprouts.
- Greek Wrap** **\$11.95**
Spelt wrap, hummus, carrots, feta, Kalamata olives, lettuce & lemon garlic dressing.
- Chicken Wrap** **\$13.25**
Spelt wrap, chicken, carrots, sprouts & greens, house made sauce, caesar or sweet chili.
- Kootenay Wrap** **\$11.95**
Spelt wrap, herb cream cheese, lettuce, sprouts, carrots, lemon garlic dressing.
- Tofu Scrambler** **\$7.60**
Spelt bun, scrambled & baked Silver King tofu, carrots & sprouts, mayo or Antoinette's dip.
- Veggie Pâté** **\$7.60**
Spelt bun, roasted buckwheat & sunflower seeds, carrots & sprouts, mayo or Antoinette's dip.
- Salsa Verde** **\$9.75**
Jalapeno & Cilantro salsa cheese bun, herb cream cheese, lettuce, tomato, onion, carrots & sprouts.
- Tuna Salad Sandwich**
- Combo of skipjack tuna, onion, celery, pickles, mustard, mayo, and lettuce. We also make tuna melts!
croissant **\$10.75** **bread or bun** **\$8.95**
- Deli Subs**
- We make deli subs daily, please check our reach in cooler.
Meat and veggie options. We make our own deli lamb, ham and garlic beef.

BAKING SCHEDULE

MONDAY

Spelt
Baker St.
SD Light Rye
SD Kootenay
SD Spelt

TUESDAY

Spelt
SD Light Rye
SD Multigrain
SD Stone Ground
GF Sunflower Flax

WEDNESDAY

Spelt
Baker St.
SD Spelt
SD Silica St.
SD Light Rye
SD Country Oat

THURSDAY

Spelt
Ciabatta/Focaccia
SD Light Rye
SD Kootenay
SD Caraway Rye
SD Multigrain
SD Stone Ground
SD 100% Rye

FRIDAY

Spelt
Baker St.
Olive Rosemary
Jalapeno Cheddar
SD Light Rye
SD Silica St.
GF Sunflower Flax

spelt and rye flour milled by Treasure Life Flour Mills in Canyon BC

Feature breads made weekly, ask your server

SD = Sourdough
Made with natural sourdough culture
No added yeast
GF = Made with gluten free ingredients
All breads except Sunflower Flax are egg and dairy free

