

Leyda's

Our mission is to provide only the most wholesome, top-quality foods to our guests. Rest assured that everything on our menu is lovingly prepared in-house with fresh, organic whole food ingredients. We do it for the love of good food!

LUNCH

(vf) vegan friendly – ask your server

Ask your server about our chef's special creations.

PIZZAS

- MARGHERITA** \$14.50
Tomato sauce, buffalo mozzarella and fresh basil.
- LEYDA'S FAVE** (vf) \$16.50
Crimini and oyster mushrooms, black truffle oil, fresh arugula and melted brie cheese.
- FRUTTI DI MARE** (vf) \$17.50
West coast mussels, Ocean Wise shrimp, red onion, tomato, fresh spinach, pesto, mozzarella.
- CHICKEN + FIG** \$17.50
Roasted chicken, honey figs, arugula, melted brie, red onion, garlic Parmesan bechamel.

SANDWICHES

All sandwiches come with the daily side salad.

- SUNDRIED TOMATO CHICKEN SALAD SANDWICH** \$14.50
Chicken roulade roasted and shaved, with sundried tomato mayonnaise sprouts, sliced tomato, avocado and red onion on our Country-style Seed Bread.
- BLACK BEAN BURGER** \$14.50
Black bean and quinoa patty topped with roasted red pepper, feta cheese, tomato, pickled onion, arugula and chili chive aioli. Served with roasted potato wedges, ketchup and saffron aioli.
- BISON BURGER** \$16.00
Grass-fed bison burger ground fresh, topped with oyster mushrooms, arugula, pickled onion, sliced tomato and melted mozzarella cheese. Served with roasted potato wedges, ketchup and saffron aioli.
- APPLE, FIG + BRIE PANINI** \$14.25
Thinly sliced fresh apples, arugula, honey figs and melted brie, pressed on our Country-style Seed Bread with saffron aioli.

OPENING BITES

- HUMMUS, PITA** (vf) \$9.00
- HUMMUS, PITA + CRUDITÉ** (vf) \$12.50
- CHEESY PITA, GUACAMOLE + SALSA** (vf) \$12.50
- MEDITERRANEAN PLATTER** \$19.25
Cured wild sockeye salmon, duck prosciutto, Spanish manchego, goat feta, Quebec brie, buffalo mozzarella, kalamata olives, pickled vegetables and seasonal chutney.
(Vegetarian option available upon request.)
- WEST COAST MUSSELS** \$16.50
Ocean Wise mussels steamed in spicy coconut red curry sauce. Served with fries and saffron aioli.
- GARLIC OLIVES** (vf) \$8.00
Served warm with citrus.
- BREAD BOARD** (vf) \$9.00
A selection of rustic breads served with olive tapenade, extra virgin olive oil, aged balsamic reduction and spicy tomato jam.
- CALAMARI** \$9.00
Served with a sweet orange chili sauce and chili chive aioli.

MAINS

- ZUCCHINI NOODLE BOWL** (vf) \$15.00
Zucchini noodles sautéed in coconut red Thai curry sauce, sautéed seasonal vegetables, local chickpeas and diced tofu.
Add chicken or Ocean Wise salmon (3 oz) \$5.50
- POKE BOWL** (vf) \$16.50
Wild sockeye salmon prepared poke style, served over warm sticky rice with fresh cucumber, sprouts, kimchi, avocado, green peas, daikon, green onion and wakame. Served with ponzu.
- MEXICAN EMPANADAS** (vf) \$15.00
Traditional Mexican empanadas filled with black beans and sweet corn. Served with kale salad and jalapeno hot sauce.
- MAHI MAHI TACOS** \$14.50
Lightly spiced Ocean Wise mahi mahi, cabbage cilantro slaw, pineapple salsa, jalapeno hot sauce, guacamole. Served with Mediterranean quinoa salad.

SALADS

- Served with bread.
Add chicken or Ocean Wise salmon (3 oz.) to any salad: \$5.50
- MEDITERRANEAN QUINOA SALAD** (vf) \$14.50
Cherry tomatoes, cucumbers, kalamata olives, goat feta and citrus segments on organic greens with oregano vinaigrette.
- MIGHTY KALE** (vf) \$14.50
Green kale massaged with Spanish olive oil and lemon juice, tossed with oregano vinaigrette and finished with hemp hearts, croutons and shredded Parmesan.
- SHRIMP + MANCHEGO SALAD** \$16.50
Crispy tempura Ocean Wise shrimp, Saskatchewan quinoa stuffed pepper, Spanish manchego, kale and mixed greens, caramelized onion vinaigrette.
- STRAWBERRY GOAT CHEESE SALAD** (vf) \$15.50
Fresh strawberries, mixed greens, celery, mint, toasted sunflower seeds, sprouts, goat cheese, raspberry white balsamic vinaigrette.
- SOUP + SALAD COMBO** (vf) \$14.50
Your choice of Leyda's Ayurvedic Soup or Soup of the Day with Mediterranean Quinoa or Mighty Kale salad.

SOUPS

Bowl \$7.50 (served with bread) **Cup** \$4.00

- LEYDA'S AYURVEDIC SOUP** (vf)
Organic green kale, white quinoa, roasted sweet potato, coconut cream and fresh ginger infused with Leyda's blend of ancient Ayurvedic spices.
- SOUP OF THE DAY**
Ask about our chef's daily creation.

ADD-ONS

- Half Kale or Half Mediterranean Quinoa Salad \$9.00
- Fries \$5.00
- Side Guacamole \$3.50
- Side Salsa \$2.50
- Avocado \$2.75
- Extra Bread \$1.50
- Hot Sauce \$1.00

