



Gluten Sensitive Options

We would like to ensure that your experience is enjoyable!

My-Chosen Cafe is not a gluten-free environment and products containing gluten are prepared in our kitchen. The following menu items are suggestions that have been modified for our gluten sensitive guests.

Items marked with a "*" are cooked in a deep-fryer with items that contain gluten. Please remember to inform your server if you have any food allergies or dietary restrictions, so they can be sure to inform our kitchen.

Thank you!

Pickins' For Sharing



Spinach & Artichoke Dip*

Our blend of spinach, artichokes, cream cheese, roasted garlic, sour cream, parmesan, and mozzarella. Served warm with tortilla chips. 17.99

Bowl of Fries*

Lightly seasoned and served with a homemade creamy garlic dill dip. 5.99

Yam Fries*

Lightly seasoned and served with a chipotle mayo. 11.49

Salads

Substitute Our Garlic Toast for a Gluten-Free Bun 2.49, or ask for no toast.

Add Blackened Chicken to any Salad 7.99



Cobb Salad

Roasted chicken breast, bacon, cheese, egg, tomato, cucumber, carrots, and avocado on top of crisp greens. Served with a side of blue cheese dressing. 23.49

Steak Salad

7oz. AAA centre cut top sirloin charbroiled and sliced on top of a house green salad with red onion, diced peppers, tomato, and cheese. Served with honey ranch on the side. 30.99

Candied Pecan & Goat Cheese

Artisan greens, spinach, goat cheese, red onion, fresh apple, dried cranberries, and candied pecans, finished with a sweet balsamic vinaigrette. 17.99

Longhorn Caesar Salad*

Crisp romaine, diced onion and tomato, black beans, corn, croutons and crisp tortilla thins, tossed in a creamy Caesar dressing and topped with a blend of cheese and charbroiled BBQ chicken breast.

Ask for no croutons. 21.99

Caesar Salad

Crisp romaine tossed in our garlic Caesar dressing with croutons and parmesan cheese.

Ask for no croutons. 15.49 Side Caesar Salad 8.99

House Salad

Tomato, cucumber, and carrots on top of crisp greens. Served with your choice of dressing. 15.49

- Gluten-Free Dressings -

Ranch, Honey Ranch, Blue Cheese, Sweet Balsamic Vinaigrette, Our House Made Creamy Garlic Dill

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We try to stay informed on any changes that impact those who have sensitivities to gluten.



House Favourites | Vegan  | Vegetarian 

Late Riser Breakfast

Served until 3:00pm

Generous portions made with Farmer Ben's local free range eggs.

Regular Breakfast

2 eggs with your choice of 2 sides. 13.49
Add Bacon, Grilled Ham, or Glenwood Meats
Farmers Sausage 16.99

Breakfast Sandwich

Fried egg, bacon, cheddar cheese, tomato, lettuce,
red onion and mayo on a toasted brioche bun.
16.49 Substitute Our Gluten-Free Bun 2.49

- Sides -

Shredded Hash Browns or Fresh Tomato Slices.

Homemade Beef Burgers

House made daily using local Berryman Brothers lean ground beef and dressed with tomato, sliced red onion and a pickle. Served on a bed of lettuce leaf (no bun).

Substitute Our Gluten-Free Bun 2.49

Lone Ranger

Beef patty, cheddar cheese, mayo,
mustard, and relish. 19.99



Mushroom Jack

Beef patty, sautéed mushrooms, Monterey jack
cheese, mayo, mustard, and relish. 22.49

- Sides -

Fries*, Garden Salad, Caesar Salad (no croutons), Garlic Mashed Potatoes

- Upgrade -

Yam Fries* or Half Fries* Half Salad 3.49

More Burgers

Dressed with tomato, sliced red onion and a pickle. Served on a bed of lettuce leaf (no bun).

Substitute Our Gluten-Free Bun 2.49

California Chicken

Chicken breast, bacon, jack
cheese, guacamole, mayo,
and sprouts. 22.99

Cajun Chicken

Blackened chicken breast,
bacon, cheddar, mayo,
and ranch sauce. 22.49

Lamb

Local Metchosin lamb,
charbroiled with tzatziki,
cucumber, and feta cheese. 24.49

- Sides -

Fries*, Garden Salad, Caesar Salad (no croutons), Garlic Mashed Potatoes

- Upgrade -

Yam Fries* or Half Fries* Half Salad 3.49

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My-Chosen Classics

Grilled Beef Liver

Lightly floured and grilled, topped with sautéed mushrooms, onions, bacon and gravy.

Served with garlic toast. 20.49

Ask For Not Floured, No Garlic Toast, and No Gravy.

Steak Sandwich

Charbroiled 7 oz. AAA centre cut top sirloin on garlic bread finished with sautéed mushrooms and onions. 29.99 **Substitute Our Gluten-Free Bun 2.49**

- Sides -

Fries*, Garden Salad, Caesar Salad (no croutons), Garlic Mashed Potatoes

- Upgrade -

Yam Fries* or Half Fries* Half Salad 3.49

Homestyle Dinners

Available after 4:00pm Everyday

Teriyaki Rice Bowl

Stir fried fresh seasonal vegetables, mushrooms, house made teriyaki sauce on white sticky rice. Finished with a sprinkle of toasted sesame seeds and green onions. 21.49

Add Chicken 7.99

Premium Top Sirloin Steak

7 oz. AAA centre cut, trimmed and aged. Charbroiled and topped with roasted garlic herb butter. Includes a soup or salad to start.

Your choice of potato, stir fried vegetables, garlic toast. 35.99

Substitute Our Gluten-Free Bun 2.49

Great With Your Steak

Sautéed Garlic Mushrooms 4.49 | Melted Blue Cheese 2.99

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Desserts

Add Whipped Cream 2.99 | Strawberries 2.99 | Whipped Cream & Strawberries 4.99

Lemon Almond Cake (dairy free)

Fluffy and moist, with a delicate lemon flavour. 8.25

Chocolate Cake (dairy free)

A rich, fudgy, dense chocolate cake. 10.50

Classic Sundae

Vanilla ice cream with your choice of chocolate, strawberry, caramel or raspberry sauce topped with whipped cream and a cherry. 7.95

Traditional Banana Split

Vanilla ice cream with chocolate, strawberry and pineapple topping, banana, whipped cream and a cherry. 10.50

Beverages

Coffee	4.00
Tea	4.00
Hot Chocolate	4.25
Deluxe Hot Chocolate.....	5.75
Soft Drinks	4.00
Iced Tea	4.50
Juice.....	4.50
Lemonade	3.95
Strawberry Lemonade	5.25
Perrier.....	3.95

Espresso Single 3.50 | Double 4.00

	<u>120Z</u>
Americano	4.00
Latte.....	5.00
Cappuccino	5.00
Mocha.....	5.50
London Fog.....	5.50
Chai Latte.....	5.50
Iced Americano	4.50
Iced Latte.....	5.75

Add a Flavor Syrup 80¢
Vanilla, Caramel, Cinnamon

Milkshake 8.50

Chocolate, Vanilla, Strawberry, Feature

Ice Cream Float 7.25

White Wine 6oz 9oz Bottle

House White 7.25 8.95.....x

Jackson Triggs

Sauvignon Blanc..... 8.25 11.95 30.95

Red Wine

House Red 7.25 8.95.....x

Magnitude

Cabernet Sauvignon..... 8.75 12.75 32.95

Rosé

Saintly The Good Rosé... 9.55 13.75 39.95

Mimosa

200 ml mini bottle of piccolo
and orange juice. 12.95

Bottled Cider

Strongbow 8.95

Draft Cider

Merridale Mo'Moro Cider

120Z 6.50 | 160Z 8.00

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