

MARKET
TAKE A HIKE
 CANMORE · ALBERTA

BREAKFAST MENU

7:30AM - 11AM

BIG BREAKFAST

All served with our house made wedge fries & spicy tomato coulis or mixed fruits.

Gluten free bread available for +1.

THANKS TO MUM

16.50

Mum's thanksgiving sausage stuffing patty, maple fried egg, vieux cheddar cheese, english muffin

BREAKFAST CROISSANT

14.50

fried egg, bacon jam, cheddar cheese

TAKING IT EASY (V)

11

fried egg, cheddar, english muffin, mayo
 add candied bacon

+5

FULL BREAKFAST

17

2 fried eggs, bacon or sausage, toast & jam

AVOCADO TOAST

16

smashed avocado, on Epi rye bread w/ a hard boiled egg, za'tar, confit tomato & pinenut oil
 add candied bacon

+5

LITTLE BREAKFAST

ST. VIATEUR BAGEL W/ BUTTER (V)

6

toasted sesame or everything

ST. VIATEUR BAGEL W/ CREAM CHEESE (V) **8.50**

toasted sesame or everything, lactania cream cheese

FLUFFY, FLUFFY, PANCAKES (V)

10

3 pancakes w/ butter & either maple or chocolate syrup

SMOOTHIE OF THE DAY

6

LITTLE SOMETHING EXTRA

FRIED EGG (V)

5

2 eggs

CANDIED BACON

5

3 pieces of smoked bacon, maple, MTL steak spice

SAUSAGE

5

3 gourmet breakfast sausage

WEDGES (VG)

4

served with tomato coulis

TOAST W/ BUTTER

4

GF TOAST W/ BUTTER

5



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LUNCH
11AM - CLOSE

SALADS AND SMALLS

- HUMMUS** (VG) 11
 olive oil, sesame seeds, lime zest, multi grain bread
- MARKET SALAD** (GF) 10
 whim of the chef
- BEEF & SMOKED SALMON SALAD** 17
 mixed greens, avocado, cilantro,
 sherry vinaigrette

SANDWICHES

All served with either our house made wedge fries,
 house salad or soup

- FRANKIE D'S BURGER** 24
 ground beef, bacon jam, cheddar mayo, greens,
 Frankie D's Donuts "Everything" Donut
- THE BURGER** 21
 ground beef, bacon jam, cheddar mayo, greens,
 brioche bun
 gf bun available for +1
- GRILLED CHEESE** (V) 18
 1608 cheese, tomato, mushroom preserves, orange
 vinegar, smoked tomato coulis, sourdough bread,
 garlic butter
- MONTREAL SMOKED MEAT SANDWICH** 18
 meat smoked in house, Epi Canmore rye bread, house
 made yellow mustard, pickle
- THE ITALIAN** 21
 smashed burrata cheese, mortadella, herb pesto,
 tomato olive spread on house made focaccia bread

PIZZAS & MAINS

- CHEESE** (V) 16
 house made San Marzano tomato sauce, mozza and
 cheese curd blend, cold press canola
- PEPPERONI** 17.50
 house made San Marzano tomato sauce, mozza and
 cheese curd blend, pepperoni, cold press canola
- MARKET PIZZA** 20
 house made San Marzano tomato sauce, mozza and
 cheese curd blend, calabrese salami,
 balsamic reduction, arugula, cold press canola
- POUTINE** SMALL 9 LARGE 17
 house made potato wedges, Quebec cheese curd,
 sauce au vin rouge
 Add Montreal Smoked Meat +4
 Extra Cheese Curds +3
- BAKED ADORAY CHEESE** (V) 20
 white wine, shallots, walnuts, cornichons, french
 country bread
- CRISPY FRIED FISH** (GF) 22
 cajun spiced fried fish, house made wedge fries &
 tartar sauce

Order online
 for pick up!



SIDES

WEDGE FRIES ^{VG}

house potato wedges, st-laurent salt

4

SIDE SALAD

whim of the chef

4

HOUSE MADE SAUCES

1.50

TOMATO COULIS ^{VG}

slightly smokey, spicy ketchup

SAUCE AU VIN ROUGE

poutine gravy

CHEDDAR MAYO ^V

DRINKS

DAILY SMOOTHIE ^{VG}

whim of the chef

5.25

DESSERTS

COOKIE ^V

2

DAILY SELECTION OF SWEET TREATS



Order online
for pick up!

^V VEGETARIAN | ^{VG} VEGAN | ^{GF} GLUTEN-FREE



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**CAFÉ
MENU**

COFFEE

Our coffee is lovingly crafted by Zab Café

12OZ | 16OZ

FILTER	3 3.50
DOUBLE ESPRESSO	3.50
AMERICANO	3.75
CAPPUCCINO	4.50
LATTE	4.50 5.25
FLAT WHITE	4.50 5.25
MOCHA espresso, chocolate, steamed milk	5 5.75

TEA

Teas provided by Canmore Tea Company

12OZ | 16OZ

EARL GREY	3 3.50
ORGANIC PEPPERMINT	3 3.50
SPICY CHAI	3 3.50
TOTAL BODY WELLNESS	3 3.50
CHAI LATTE chai concentrate, steamed milk	5.75 6
LONDON FOG earl grey, vanilla syrup, steamed milk	5.75 6

EXTRAS

CARAMEL locally made by Drop Caramel	1
VANILLA SYRUP	1
CHOCOLATE SYRUP housemade	1
SEASONAL SYRUPS housemade	1
MILK ALTERNATIVES almond, oat and soy	0.50

SPECIALTY

12OZ | 16OZ

HOT CHOCOLATE	4.50 5.00
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BAR MENU

BEER

Sheepdog Brewing Cans

LONG TRAVEL PALE ALE 5% 6.50

JUICY RUMOUR NEIPA 6.5% 6.50

KELSEY'S WEST COAST IPA 6.7% 6.50

COCONUT PORTER 4.7% 6.50

ROTATING FLAVOURS ON TAP 8.75

CIDER

Core Values Cider Cans

MARTY McDRY 6.5% 8.25

POSITIVE CURRANT 6.5% 8.25

RETURN OF THE MAC 6.5% 8.25

THE SOUR OF LOVE 6.5% 8.25

SPECIALTY

CANELLA PEACH BELLINI 11

CANELLA PROSECCO BRUT 14



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**OFF SALES
 MENU**

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WINE

RED

TWO TRADESMEN CABERNET SAUVIGNON 2017 USA	37
BLACK MARKET WINE CO. SECRET SOCIETY RED BLEND 2019 BC, CANADA	62
CASARENA 505 MALBEC 2020 ARGENTINA	29
BORTOLUCCI MERLOT 2017 ITALY	37

ROSE & SPARKLING

BORSAO 2021 SPAIN	27
CANELLA PROSECCO BRUT ITALY	18

WHITE

CHATEAU GRAND JEAN 2020 SAUVIGNON BLANC FRANCE	37
BARNARD GRIFFIN 2019 CHARDONNAY USA	39

SPECIALTY

CANELLA PEACH BELLINI	11
CANELLA PROSECCO BRUT	14



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GRAB N' GO

SALADS

Adventure ready salads for wherever the day might take you!

GREEK SALAD 10.50
romaine lettuce, tomato, cucumber, red onion, la moutonnière feta, olives & greek dressing

MARKET SALAD 10.80
mixed lettuce, red onion, bell pepper, cherry tomato, roasted chickpeas & maple dijon dressing

MEDITERRANEAN COUS COUS SALAD 6.50
cous cous, red onion, cucumber, chickpeas, red pepper & dressing

CHEESE & CHARCUTERIE

Packed up and ready to go.

CHEESE BOARD 15
3 cheeses, jam or mustard & olives, or fruit, etc. Packed in a clamshell container ready to go!

CHEESE BOARD 13.50
3 cheeses, mustard & olives or pickles. Vacuum sealed to throw into your backpack.

CHARCUTERIE SELECTION

different pre cut meats vacuum sealed.

SANDWICHES

Sandwich fillings change based on ingredients, check our grab n' go cooler.

MEAT SANDWICH 12

CHICKEN SANDWICH 12

VEGGIE SANDWICH 9

EGG SALAD SANDWICH 9

LITTLE SOMETHING EXTRA

QUICHE 2.50
3 cheeses, jam or mustard & olives, or fruit, etc. Packed in a clamshell ready to go.

GRANOLA 8
greek yogurt, dark chocolate & granola

