

Covert Farms Organic Market



Homemade Berry Muffin with Oatmeal strudel topping and Fruit plate ~ \$2.95



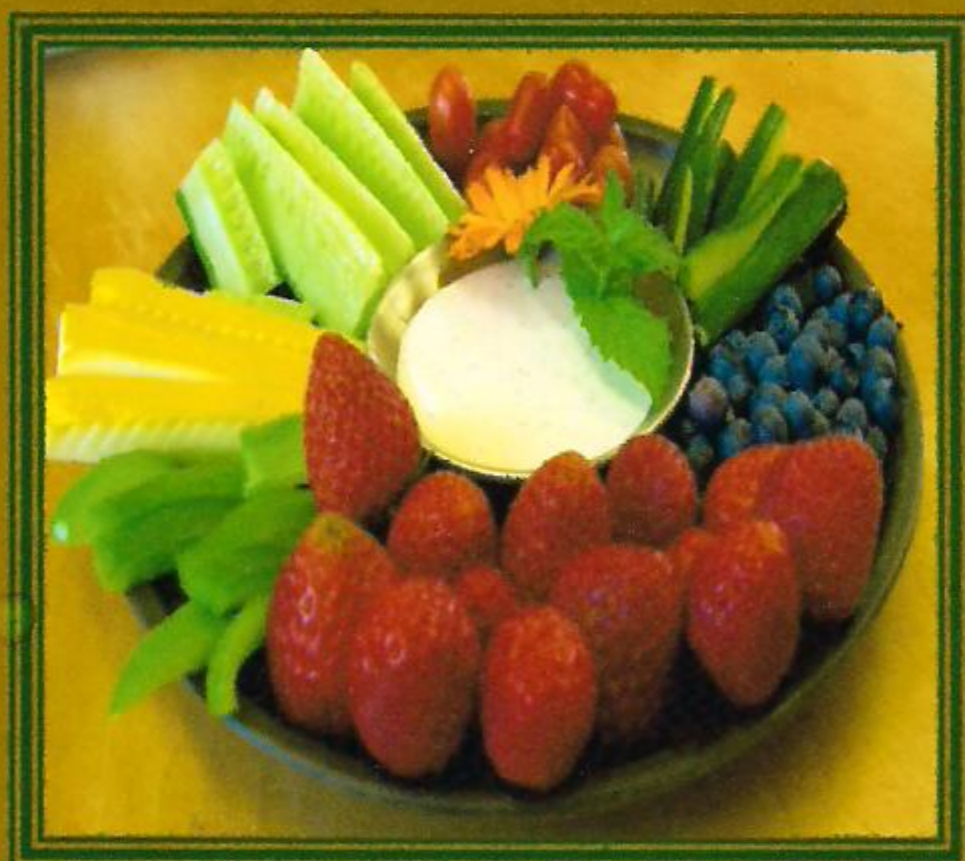
Organic Oatmeal with Fruit, Yogurt and Honey
Regular ~ \$ 3.75
Gluten Free ~ \$ 4.25



Fruit Bowl
and Yogurt ~ \$5

Cold Beverages

- Iced Americano ~ \$3 (single shot)
- Iced Latte ~ \$4.75
- Iced Mocha ~ \$4.75
- Iced Chai ~ \$4.75
- Iced Green Tea Latte ~ \$4.75
- Homemade Lemonade ~ \$2.50
- Fruit Smoothie ~ \$5
- Chocolate Milk ~ \$2.25
- Italian Soda ~ \$2.80
- Organic Pop ~ \$2
- Juice ~ \$1.50
- Water ~ \$1.50 lrg ~ \$2.50
- Sparkling Water ~ \$1.75 lrg ~ \$2.75
- Bag of Ice ~ \$3



Fruit and Veggie
plate ~ \$6.95

Hot Beverages

- Coffee ~ \$2
- Americano ~ \$2.25 lrg ~ \$3
- Cappuccino ~ \$3.75, lrg ~ \$4.25
- Latte ~ \$3.75, lrg ~ \$4.75
- Mocha ~ \$4, lrg ~ \$4.75
- Chai Latte ~ \$4, lrg ~ \$4.75
- Green Tea Latte ~ \$4, lrg ~ \$4.75
- Caramel Macchiato ~ \$4, lrg ~ \$4.75
- Espresso Shot ~ \$2.25
- Flavor Shot ~ \$1
- Soy Milk ~ add \$.50
- Honey and Sons Tea ~ \$2
- Hot Chocolate ~ \$2.50



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Pulled pork or Beef Sandwich ~ Made with our homemade gourmet coleslaw and served with our very own Bar-B-Q sauce ~ \$7.95

Gluten Free option~ The above, served in Romaine Lettuce Hearts ~\$7.95



(Gluten Free)

Roasted Veggie Quiche with Bacon or Feta Served with fresh fruit and veggies with dip. ~ \$6.95



Gourmet personal pizza ~ Pepperoni Mixed grilled vegetables, fresh garden vegetables, thinly sliced pepperoni, cheese ~ \$7.50

Gourmet Mediterranean pizza~ Homemade pesto, sundried tomatoes, artichoke hearts, three cheeses ~ \$7.50

Gourmet Gluten free pizza~ with all of the above choices ~\$7.50

Now Serving ~ Locally made Gelato in an Assortment of Yummie Flavours!

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Spinach Salad- Organic Spinach with goat cheese or Feta or Camembert, artichokes, in season berries, toasted almonds, with Okanagan Vinegar rustic dressing ~ \$7.50



Succulent Salad- Organic purslane with goat cheese, artichokes, in season berries and pine nuts. Served with raspberry and pepper dressing- \$7.50



(Gluten Free)

Authentic Tostadas ~ Fried corn tortilla with mild chipotle chicken, served with sour cream, salsa and fresh seasonal veggies ~ \$7.95