

THE BULLWHEEL BREAKFAST

DAILY FROM 7.30 AM – 10.30 AM



LITTLE BULLS LUNCH MENU

DAILY FROM 11 AM

Eggs Benny GF+ 18.99

Two poached eggs, English muffin, pickled red onion, hemp hearts, smashed brown potatoes, hollandaise, on your choice of:

- ① Poached Salmon ② Ham ③ Spinach & Mushroom V

BullWheel Breaky GF+ 17.99

Two poached eggs, farmer's sausage, bacon, blistered cherry tomatoes, wilted spinach, mushrooms & toasted baguette

Breakfast Poutine V GF 18.99

Cheese curds, bacon, hollandaise, poached egg, green onion on your choice of smashed browns or regular fries

BullWheel Smoothie Competition V VG 9.99

BullWheel Standard vs. Chef Jeremy's served with your choice of coconut, soy, almond, or cows milk

BullWheel Standard: Spinach, kale, banana, honey, blueberry & cucumber

Chef Jeremy: Banana, mango, pineapple & orange

Smashed Avo V VG GF+ 14.99

Served on a grilled baguette with blistered cherry tomatoes, feta, crispy chick peas, hemp hearts, smashed browns, arugula & red pepper hummus

Waffles

With your choice of:

- ① House-made vanilla ice cream with real Maple syrup & bacon 18.99
- ② Fried butter chicken with hot sauce & Blue cheese or curds 21.99

Available until 11 AM

Alpine Granola V VG 12.99

Toasted grains and oats, served with Greek yogurt, milk & fresh fruit

Breakfast Sandwich GF+ 8.99

Served on English muffin with bacon, egg, Cheddar, arugula, tomato & mayo

Add to any breakfast:

Smashed Browns 3.99 / Bacon 3.99
 Poached Salmon 7.99 / Egg (fried or poached) 1.99
 Fruit Cup 3.99 / Fried Chicken 6.99
 Smashed Avocado 4.99

Each meal Includes pop & a scoop of ice cream 10.99

Tomato & Cheese Spaghetti V

Spaghetti & Meatballs GF+

Grilled Cheese + Fries V GF+

Cheeseburger + Fries GF+

Chicken Parm + Fries

- BW Signature creation
- GF Gluten free **option available**
- GF+ Gluten free **option available** – add 1.00
- V Vegetarian **option available**
- VG Vegan **option available**
- VG+ Vegan **option available** – add 2.00

Please note that it is customary to tip 15–20% in Canada. For groups of 8 or more, 18% gratuity will automatically be added to your bill

Please visit our sister restaurants:

AT THE
UNDERGROUND
 PIZZA BEER DONAIR

undergroundpizza.ca

Delivery Available - 250 491 3575



bistro

sixdegreesbistro.com



LUNCH MENU

DAILY FROM 11 AM

BULLWHEEL FAVOURITES

Chicken Drumsticks **GF** 13.99

Not your average wings. More meat & more flavour, coated with salt & pepper. An all round hit

Duck Wings **GF** 16.99

Tamarind five spice "The **BW** famous glaze". Don't be a chicken – order them

Turkey Wing **GF** 14.99

Clearly the biggest wings on the mountain. Served with Louisiana hot sauce & blue cheese dressing

Lettuce Wraps **V VG GF** 18.99

Asian sweet and spicy, tofu or chicken, with spiced pecans, yogurt & Sriracha hoisin dipping sauce

BullWheel Poutine **VG+ GF** 13.99

Classique Montréal has moved out west! Real cheese curds & **BW** gravy

Add pulled chicken 4.99

Tuna Stack **GF** 18.99

Layered tuna, smashed avocado & seaweed served with crispy wonton chips

Fish Tacos **GF** 14.99

Two crispy portions of Pollock, **BW** slaw, avocado, cilantro, miso mayo, pickled red onion & pico de gallo. Right off a Mexican beach

Atlantic Lobster Chowder **GF** 15.99

A creamy East Coast style chowder finished with clams & mussels. A favourite for the last ten years

Add garlic toast 1.00 GF+

BURGERS & SANDWICHES *served with fries or garden salad, or upgrade to yam fries or one of our other salads for \$2.50*

BullWheel Burger **GF+** 17.99

Hand pressed ground steak patty topped with bacon jam, fresh onions, tomato, lettuce, mild cheddar & **BW** signature sauce

Pulled Chicken Burger **GF+** 15.99

Pulled rotisserie chicken, **BW** slaw, fresh arugula & a chipotle lime aioli

Meatball Sub 14.99

Meatballs smothered in **BW** marinara sauce, topped with melted cheese on a sub style bun

Steak Sandwich **GF+** 18.99

AAA Striploin, served medium on a slice of garlic toast, **BW** slaw & crispy onions

The Parm **GF+** 13.99

Classic chicken parm, lavish & decadent, cheesy & marinarary

Grilled Cheese **V GF+** 13.99

As simple as it gets. No surprises

Vegan Club **V VG** 16.99

Fresh tomato, mushroom bacon, pickle, winter greens, pickled tofu, roasted yam, vegan cheese & mayo

Vegetarian Burger **V VG GF+** 17.99

The famous "Beyond Meat" veggie patty with all the traditional toppings including lettuce, tomato, fresh onions & cheese

Wrap of the Day

Served on a spinach tortilla, lightly toasted. Limited quantities made daily.

SALADS

Caesar **V VG+ GF** 16.99

BullWheel's take on the classic, with crispy capers, croutons & shaved grana padano

Roast Vegetable **V VG+ GF** 16.99

Winter vegetables mixed with leafy greens, charred red peppers & feta served with a balsamic reduction. Our most popular salad since 2011

Okanagan **V VG GF** 16.99

Winter lettuce blend, braised beets, celery, spicy pumpkin seed, diced apple & house ranch dressing

Add to your meal:

*Fried Egg 1.99 / Bacon 3.99 / Smashed Avocado 4.99
Pulled Chicken 4.99 / Pickled Tofu 4.99 / Fresh Tuna 7.99
Extra Cheese 0.99 / Sautéed Mushroom 5.99 / Poached Salmon 7.99*

BOWLS *from pasta to sauce, every batch made from scratch.*

BW Chicken Noodle Soup **GF+** 9.99

Wow "The original" homemade chicken noodle soup, made from **BW** stock of rotisserie chicken served with **BW** spaghetti. Hot, fast & healthy

Add garlic toast 1.00 GF+

Stew of the Day 12.99

Quiz your server

Add garlic toast 1.00 GF+

Ramen Bowl **GF+** 20.99

Done in the BullWheel way using **BW** pasta, Tonkotsu broth, green onion, confit duck leg, pea shoots & medium boiled egg

Thai Green Curry **V VG** 15.99

Served on a bed of jasmine rice with your choice of chicken or tofu

Buddha's Winter Bowl **V VG** 17.99

I wonder if Buddha skied or snowboarded while growing up in the snow-covered Himalayan mountains. Includes roasted veg, winter greens, spiced beets, crispy chick peas, smashed avo, cherry tomatoes, medium boiled egg, tahini, served with warm quinoa