

Breakfast

Roost Riser 7.25
Eggs any style, Toast, Bacon or Farm Sausage & Home Fries

Corned Beef Hash 9.25
Corned Beef, Sausage, Tomatoes, Onions & Peppers.

Breakfast Sandwich 6.95
Egg with Bacon, Tomato, Cheddar & Mayo

Granola, Yogurt & Fruit 8.95
French Vanilla Yogurt, Topped with our Amazing Roost-made Granola & Fresh Fruit.

Roost Omelettes

All served with bacon or sausage, Roost toast & home fries

Veggie 9.25
Yams, Brie, Tomatoes, peppers & Red Onion.

Smoked Salmon 9.25
Caper Cream Cheese & Red Onion.

Two Cheese 7.50
Cheddar & Mozzarella.

Chorizo 9.25
Chorizo Sausage, Provolone, Tomatoes & Mushrooms.

Works 8.95
Ham, Tomatoes, Onion, & Peppers, cheddar & mozzarella.

Breakfast Sides

Classic Benny 9.25
Smoked Salmon Benny *Weekends Only!

Delicious Smoked Salmon

Blackstone Benny

Bacon & Tomato

Veggie Benny

Spinach & Tomato

All our Bennies are made with our Farm Fresh Rosemary Scones & Topped with Roost Hollandaise Sauce. Served with Homefries.

Sandwiches

Prices listed for sandwiches alone.
Add soup or salad for only 2.50

Montreal Smoked Meat 6.95
Luscious Montreal-style Smoked Meat, Swiss Cheese, Mustard & Mayo

Meatloaf 6.95
Meatloaf, BBQ Sauce, Cheddar Cheese, Tomato, & Mayo

Turkey and Swiss 6.95
Turkey, Swiss, Cucumber & Tomato

Smoked Salmon 6.95
Salmon, Cream Cheese, Capers, Lettuce, Cucumber, & Red Onion

Your Sandwich on a Choice of our Six Fresh Baked Breads!

Tuscan White
Multigrain
Wholewheat
Russian Rye
Cheese & Onion
Low Carb

More Sandwiches

Ham and Cheddar 6.45
Ham, Cheddar, Cucumber, Tomato, Lettuce & Mayo

Egg Salad 6.45
Egg Salad with Lettuce & Cucumber

Tuna Salad 6.45
Tuna Salad, Cucumber, Lettuce & Mayo

Veggie Wrap 6.45
Lettuce, Tomato, Cucumber, Bell Peppers, Roasted Yams, Red Onion & Pesto Mayo

The Roost Signature Salad 7.99
Organic Greens with Assorted Veggies, Feta Cheese & Mandarin Oranges with our House Dressing.
Small: 4.00

All Sandwiches Available as a Meal Sized Roost Salad

Quiche 6.45
We use our own flour to make this famous melt-in-you-mouth crust! Served with a Slice of our Fresh Baked Bread. Ask about our Daily Selection.

Add Soup or Salad for 2.50

Homemade Soups!

Cup 3.95

Bowl 5.50

Served with a slice of our bread

Take a Litre Home 12.00

Add a Loaf of Bread 4.00

Baked Goods

Tasty Treats Fresh Baked!

Scones 2.25

Muffins 2.00

Ham & Cheese 2.85

Croissants

Cream Cheese Brownie 2.75

Cinnamon Buns 2.75

Strudel 2.95

Cookies: 1.25

Per Dozen: 15.00

Mom's Ginger Molasses,
White Chocolate Macadamia,
Farmhouse Chewy,
Chocolate Chip Peanut butter,
Chocolate Chip Walnut,
Oatmeal Raisin,
Chocolate Fudgie,
Cranberry Orange Oatmeal
Peanutbutter Brownie

Squares 2.50

Galette 2.50

Eccles Cakes 2.50

Butter Tarts 2.50

Loaf Cake Per Slice: 1.59

Per Whole Loaf: 8.50

Pie Per Slice: 4.49

Per Whole Pie: 14.00

Cakes Per Slice: 4.75

Bee Sting 4.75

Fruit Crisp 4.50

Roosters Crunch 5.00

Whole Cakes Available On Request

How to Order

Please Call 250-655-0075

during operating hours to place your order.

6am-5pm Monday to Friday

7am to 5pm Saturdays,
Sundays & Holidays

Beverages

Espresso	2.00
Latte	3.50
Americano	2.00
Mocha	3.75
Chai Latte	3.50
Macha Latte (Green Tea)	4.25
Tofino Fog	4.50
Coffee	2.00
Hot Chocolate	2.50
Tea	1.75
Herbal Tea (Mighty Leaf & Numi)	2.00
Pop	1.75
Bottled Water	2.24
Small Juice	1.75
Snapple	2.34
V-8 Splash	2.34
V-8	2.34
Milk	2.00

Prices listed for Regular sized beverages

Check These Out!

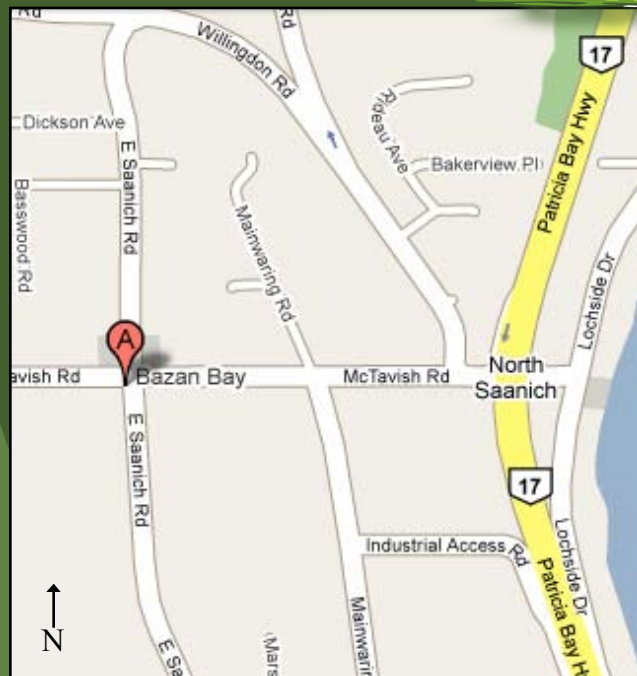
Local Honey, Jam, Coffee, Farm Fresh Eggs,
Flour & Granola!

The Roost Concept

We are one of the only places in Western Canada that grows our own grain, mills on site & then uses this flour in our baking. Our bread is baked fresh daily & is used to make our famous mile-high sandwiches. You can also enjoy farm-style breakfast, home-made soup, tasty baked goodies & fresh organic coffee... all served with love! ❤️

Where Are We?

Come Down & See Us.
Corner of East Saanich Rd
& McTavish Rd in
North Saanich BC!



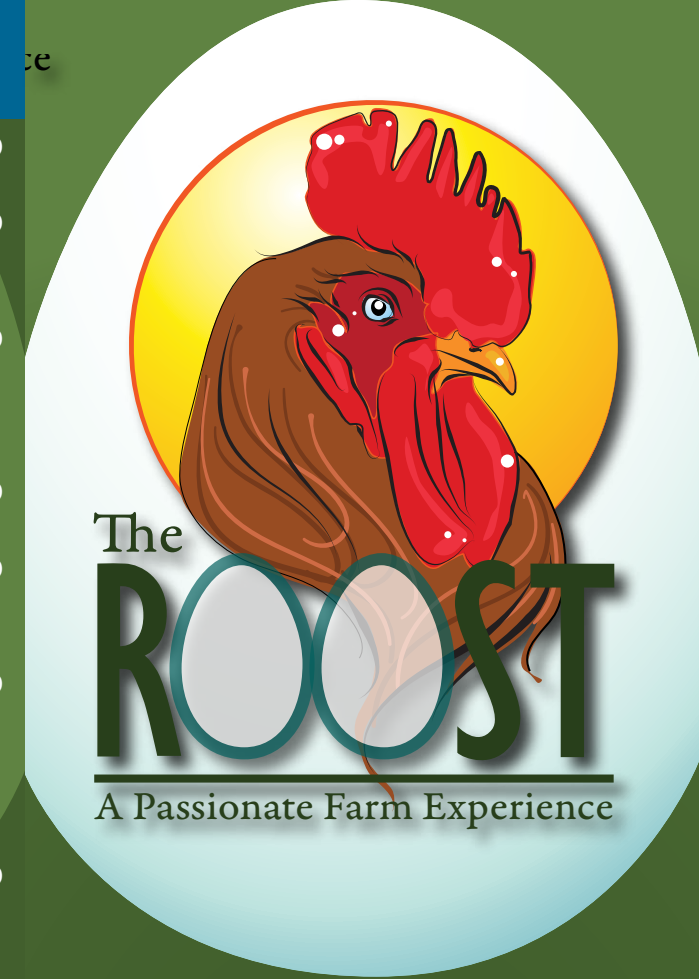
map © Google Maps

Breads

Tuscan White	6.00
Soft with a hint of sourdough	
Multigrain	6.00
Whole wheat flour, from our farm, & seeds makes this rich and hearty	
Wholewheat	6.00
Made with whole wheat flour from our farm.	
Russian Rye	6.00
Dark and soft with gentle caraway	
Cheese & Onion	6.00
Soft white base with the addition of cheese, onion and herbs.	
Low Carb	6.00
Pea flour, soy flour & high protein gluten make up this healthy option	
Vegan friendly!!	
Vitality	7.00
A splash of excitement for your taste buds, loaded with fruit & nuts, with a dash of cinnamon & nutmeg	
Harvest	7.00
Super packed with harvest seeds & grains, this is the master of multigrains	
Raisin	7.00
Soft white bread packed with juicy raisins. If you are a raisin lover, this bread won't disappoint	
Focaccia	7.00
Made with whole-wheat flour from our farm! Soft and chewy topped with herbs and sea salt	

Breads Sell Out Fast!

Please Call Ahead to Place an Order



Breakfast & Lunch

You Can't Get Better Than
"Farm Fresh"

Farm Bakery

250 655 0075

9100 East Saanich Rd