

SMALL PLATES & SHAREABLES

BUTTERMILK BISCUITS (GFO/V) 5

2 per serving with whipped butter & molasses

TUNA TARTARE (DF) 18

Marinated tuna, cucumber & avocado in ginger & sesame vinaigrette, sriracha mayo, furikake, prawn crackers

HEIRLOOM TOMATO TOAST (GFO/V) 18

Local heritage tomatoes on Maria's Pantry focaccia, Ciro's stracciatella, pesto cream, olive oil, balsamic reduction

LOADED POTATO TATER-TOTS (GF/VO) 16

Queso cheese sauce, parmesan, green onion, bacon bits, sour cream, paprika

FRIED CALAMARI (DFO) 17

Flash fried calamari, baja crema, lime, chilies, cilantro

WARM BROCCOLI & SEARED HALLOUMI (GF/V/VGO) 18

Charred broccoli, Mediterranean garlic yogurt sauce, pickled turnip, seared halloumi, sunflower & sesame seed dukkah

SOUP & SALAD

Add to any salad: roast chicken 8 / seared Digby scallops 14

MARKET SOUP 12

Weekly feature from the farms on NS

KALE CAESAR SALAD (GFO/VO) 16

Ted Hutten's kale, double smoked bacon, grana padano, house caesar dressing, fried capers, focaccia croutons, black pepper, lemon vinaigrette

VALLEY GROWN GREEN SALAD (GF/V/VGO) 15

Choice of ranch or maple vinaigrette dressing, local greens, tomato, carrots, cucumber, radish, red onion, crumbled Homestead feta, toasted sunflower seeds

MAIN PLATES

CHILLED ASIAN NOODLES with

FRIED TOFU (GF/V/VGO) 23.50 *Add grilled jumbo shrimp 8*

Sweet potato vermicelli noodles, napa cabbage, bok-choy, carrots, cucumber, radish, scallions, chili crisp, hoisin bbq fried tofu, peanuts, Cabbage Patch kimchi, soft boiled egg, sesame-soy dressing

EGGPLANT PARMESAN (V) 25

Breaded eggplant, tomato sauce, mozzarella, zucchini ribbon, aglio e olio tagliatelle, Ciro's asiago

PAN FRIED COD (GFO/DFO) 27

Line-caught cod, buttered mashed potatoes, market veg, Cape Breton mustard pickles, Tidal Bay beurre blanc

BUTTERMILK FRIED CHICKEN (GF) 27

Boneless chicken thighs, house buffalo sauce, pickles, warm roasted potato salad, ranch dressing, garlic-sautéed greens

MARITIME SEAFOOD CHOWDER (GF) 29

Mussels, haddock, shrimp, scallops, lobster, leek cream, baby potatoes, lobster oil

SOUP, SALAD & BISCUIT (GFO/VO) 20

Choice of kale caesar or market salad, with weekly soup and warm buttermilk biscuit



**FOR ANY DIETARY CONCERNS, PLEASE
INFORM YOUR SERVER AND SEE BELOW:**

GFO/GFO - Gluten Free or Gluten Free option available

V/VO - Vegetarian or Vegetarian option available.

DF/DFO - Dairy Free or Dairy Free option available

VGO - Vegan option available

Our menus are seasonal, responsible, and always support our local food producers first. Thank you for joining us today.

HANDHELDS *Served with your choice of hand-cut fries or daily soup*

PERSONALIZE YOUR HANDHELD 3

*kale salad / green salad / parmesan fries /
buttermilk onion rings with hot honey /
house-made, gluten-free vegan bun 2*

OLD SCHOOL SMASH BURGER (GFO) 23.50

2 custom ground chuck patties, smoked bacon, Canadian cheese, kosher dills, burger sauce, grilled onion, ketchup, mustard

SMOKEHOUSE SMASH BURGER (GFO) 23.50

2 custom ground chuck patties, smoked bacon, double white cheddar, Earl's Hawaiian Swine Bourbon Barbecue Sauce, caramelized balsamic onions, chipotle aioli, crispy onions

VEGETARIAN QUESO BURGER (GFO/V/VGO) 23.50

Our signature oat, cashew, & mushroom patty, pepper jack cheese, creamy guacamole mayo, jalapeño-tomato relish, corn chips, red onion, warm spicy queso

PHILLY CHEESE STEAK (GFO) 24

Pulled short-rib, house cheese sauce, sautéed onions & bell peppers, crispy onions, buttered toasted soft hoagie roll

HADDOCK TACOS 22

Panko crusted haddock, tomato salsa, slaw, avocado crema, pickled red onion, cilantro