

## LUNCH MENU

### SMALL PLATES & SHAREABLES

*Add a side kale caesar or green salad 10*

*Add a side of fries or soup 7*

#### **BUTTERMILK BISCUITS** (GFO/V) 5

2 per serving with whipped butter & molasses

#### **MUSHROOM TOAST** (GFO/V) 17

Sautéed Maritime Gourmet mushrooms, garlic cream sauce, pickled shallots, toasted sourdough

#### **MAC & CHEESE LOG** (VO) 16

Panko crusted home-style mac & cheese, tomato sauce, queso, bacon bits, scallions, chipotle mayo

#### **FRIED CALAMARI** (DFO) 17

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

#### **CHARRED BROCCOLI & SEARED HALLOUMI** (GF/V/VGO) 18

Broccoli, halloumi, pickled turnip, garlic yogurt sauce, sunflower & sesame seed dukkah

#### **BUFFALO CAULIFLOWER** (GF/V) 17

Chickpea dusted cauliflower, buffalo sauce, pickled carrots & celery, blue cheese dip

### SOUP & SALAD

*Add roasted chicken 8 Seared scallops 15*

#### **MARKET SOUP** 12

Weekly feature from the farms of Nova Scotia

#### **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 GREEN SALAD** (GF/V/VGO) 16

Choice of ranch or maple vinaigrette, greens, tomato, carrots, cucumber, radish, pickled cranberries, feta, toasted walnuts

#### **SOUP, SALAD & A BISCUIT** 20

Choice of kale caesar or valley green salad with a bowl of our weekly soup and a warm buttermilk biscuit

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

*Change your side : kale caesar salad / valley green salad / parmesan fries / buttermilk onion rings with hot honey 3 (GFO) house-made gluten free/vegan burger bun 2*

#### **OLD SCHOOL SMASH BURGER** (GFO) 23.50

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

#### **SMOKEHOUSE SMASH BURGER** (GFO) 23.50

2 smashed chuck patties, smoked bacon, white cheddar, earl's hawaiian swine bourbon barbecue sauce, caramelized balsamic onions, chipotle aioli, crispy onions

#### **KOREAN CHICKEN SANDWICH** (GFO) 24

Breaded buttermilk marinated chicken thigh, red dragon sauce, kimchi garden slaw, sriracha mayo

### MAIN PLATES

#### **CHILLED NOODLE BOWL** (GF/VGO) 22.50

*Add jumbo shrimp 8*

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

#### **LAMB MEDITERRANEAN BOWL** (GF) 24

White wine & tomato braised lamb, Holmestead feta, cabbage slaw, olives, cucumber-tomato salad, pickled turnip, broccoli, garlic yogurt sauce, brown rice

#### **BRAISED PEI SHORT RIB BOLOGNESE** (GFO) 28

Pulled short rib, tomato ragu, Parmesan, tagliatelle, toasted Maria's Pantry focaccia

#### **ENGLISH STYLE FISH N' CHIPS** 22

2 pieces of Propeller blonde ale battered cod, pickled slaw, house tartar sauce, lemon, hand-cut fries

#### **TUNA POKE BOWL** (GF) 23

Ahi tuna, cucumber & avocado in a ginger & sesame vinaigrette, radish, napa cabbage, bok choy, sushi rice

#### **EGGPLANT PARMESAN** (V) 25

Breaded eggplant, tomato sauce, mozzarella, zucchini ribbons, parmesan, aglio e olio tagliatelle



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

GF/GFO - Gluten Free or Gluten Free option available

DF/DFO - Dairy Free or Dairy Free option available

V/VO - Vegetarian or Vegetarian option available

VG/VGO - Vegan or Vegan option available

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

#### **VEGETARIAN QUESO BURGER** (GFO/V/VGO) 23.50

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

#### **HAPPY BREAKFAST SANDWICH** (GFO) 22

Smashed chuck patty, fried egg, double smoked bacon, Canadian cheese, hash brown, avocado mayo, ketchup

#### **TUNA NICOISE SANDWICH** 24

Ahi tuna, olive-sundried tomato tapenade, red onion, radish, hard-cooked egg, herb & mustard vinaigrette, toasted French bread

#### **CHOPPED CHEESE** 23

Adobo seasoned ground beef, onions, peppers, lettuce, shredded cheese, tomato, queso, garlic aioli, toasted hoagie roll