

LUNCH & DINNER

SNACKS FOR THE NOT SO HUNGRY

TOASTED CORN NUTS..... 5.00
CUMIN, CINNAMON, ORANGE,
GARLIC, CHILI

CHEESY POPCORN 5.00

PORK CRISPS 5.00
MAPLE BACON SALT

CHIPS AND SALSA 6.00

APPIES

CHEESY CAULIFLOWER / 12.00
BATTERED CAULIFLOWER, PIMENTO
CHEESE MORNAY SAUCE, SCALLIONS

CHICKEN WINGS / 17.75
BLACK CURRANT SWEET & SOUR,
GARLIC SALT & PEPPER, BUFFALO

TOP NACHO / 20.50
ORGANIC CORN CHIPS, JACK & CHEDDAR
CHEESE, CUMIN-ROASTED ONIONS, BELL PEPPERS,
FIRE-GRILLED CORN, BLACK OLIVES,
AVOCADO CREMA, SALSA FRESCA
ADD PULLED CHICKEN OR GROUND CHUCK +\$6.00

LOCAL MUSSELS & HOUSE FRIES / 22.50
WHITE WINE CREAM SAUCE, LEEKS, PARSLEY,
SCALLIONS, GARLIC, SWEET ROLL

CREAM OF TOMATO SOUP / 9.50
FRESH BASIL, COCONUT CREAM, CONFIT GARLIC

WILD MUSHROOM TOAST / 9.00
CREAMED GARLIC, TOASTED SOURDOUGH,
POACHED ISLAND EGG, FRESH HERBS

Eating plant-based?
Hold the egg, sliced
avocado
to the rescue!

HAND-HELD

Have these with a side salad...
All right, fine! Have them with our
house-cut triple-cooked fries with
sea salt & black pepper.

HAMBURGER PATTY MELT / 17.50
6 OZ BEEF CHUCK PADDY, MELTED WHITE
CHEDDAR, TOMATO, PICKLE, SOURDOUGH,
GARLIC BUTTER, FRIES

HOUSE VEGGIE MELT / 16.50
DAIRY OR VEGAN CHEESE, OVEN-DRIED TOMATO,
CAMELIZED ONION, PICKLE, SOURDOUGH,
GARLIC BUTTER, FRIES

FRIED CHICKEN SANDWICH / 16.50
WHITE CHEDDAR GRAVY,
APPLE CIDER-DRESSED SLAW

CRISPY COD BURGER / 17.50
SAUCE GRIBICHE, HOUSE SLAW,
TOASTED & BUTTERED ONION BUN

GRILLED FARMER SAUSAGE / 15.50
BALL PARK MUSTARD, CAMELIZED ONIONS

GRILLED CHEESE / 14.00
CHEDDAR CHEESE, MOZZARELLA,
SOURDOUGH, TOMATO SOUP

SALADS

MANCHURIAN SESAME SLAW / 12.50
PICKLED SOUR & SWEET CRUNCHY
CABBAGE, BABY BOK CHOY, ROASTED &
TOASTED CASHEWS, SLICED RED CHILI, GOLDEN
WONTON CRISPS, TOMATO, FRESH CILANTRO, SOY
GINGER VINAIGRETTE

BEACH READY, BABY / 12.50
CRISP KALE, PICKLED BEETS, WALNUTS,
GOAT CHEESE, TOASTED QUINOA,
HEMP HEARTS, GROUND FLAXSEED,
FRESH GREEN APPLE, CIDER VINAIGRETTE

HOLA AMIGA / 12.50
CRISP ROMAINE LETTUCE, GRILLED CORN,
WHITE BEANS, SALSA FRESCA, FETA CHEESE,
TOASTED CORN NUTS, SWEET POTATO,
FRESH CILANTRO, AVOCADO CREMA,
TOASTED CUMIN-LIME VINAIGRETTE

PLANT-BASED
UNTIL YOU ADD
PULLED CHICKEN
OR GROUND BEEF,
\$6 EACH.

ROMA ROMA MA 19.00 / 32.50
GROUND FENNEL SAUSAGE, GENOA SALAMI,
ROASTED SWEET RED PEPPER, LIGHT CHILIS,
FIELD ONION, MOZZARELLA, ITALIAN TOMATO SAUCE

PLANT WORKER..... 18.00 / 31.50
ZUCCHINI, RED ONION, SWEET RED PEPPERS,
FRESH RADICCHIO, BASIL, CHILI, ALMOND
MOZZARELLA, ITALIAN TOMATO SAUCE

PIZZA TRAY

Half tray is 12 squares.
Full tray is the champion's
choice of 24 hot & delicious
pizza slices.

YOU DON'T KNOW ME! 18.50 / 31.50
PEPPERONI, MOZZARELLA, ITALIAN
TOMATO SAUCE

**HAWAII IS CLOSER THAN
YOU THOUGHT**..... 19.00 / 32.50
CANADIAN ROASTED HONEY HAM,
GOLDEN PINEAPPLES, MOZZARELLA, ITALIAN
TOMATO SAUCE

MAINS

Yes, these plates are the main
attraction today, starring all
of your favourites.

VEGETARIAN

GLUTEN FRIENDLY

AAA SIRLOIN / 35.00

7 OZ STEAK, WHIPPED POTATO,
ALE-BATTERED ONION RINGS,
SEASONAL VEGETABLES, DEMI GLACE
ADD SKILLET GARLIC PRAWNS +7.00

CHICKEN POT PIE / 18.50

FLAKY BUTTER PASTRY, LOCAL CHICKEN,
VEGETABLES, GREEN SALAD WITH
MUSTARD DRESSING

LOIS LAKE STEELHEAD / 27.00

PAN-ROASTED & PARCHMENT-WRAPPED SALMON,
WHITE WINE, BUTTER, SEASONAL VEGETABLES,
FRESH HERBS, SWEET ROLL

**THE FRENCH INVENTED
MAC & CHEESE / 17.50**

TRIPLE CREAM BRIE & GRUYÈRE
MORNAY SAUCE, ELBOW MACARONI,
TOASTED HERB BREADCRUMBS, GREEN SALAD
WITH MUSTARD DRESSING

CAULIFLOWER STEAK / 19.50

ROASTED SPICED CAULIFLOWER, BASMATI
RICE WITH PEAS, SEASONAL VEGETABLES,
BOMBAY COCONUT CURRY BROTH,
ONION BAHJI, CILANTRO

**2 PIECES ALE-BATTERED
COD & CHIPS / 23.50**

APPLE CIDER-DRESSED SLAW, SAUCE GRIBICHE