

LUNCH & DINNER

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

SNACKS FOR THE NOT SO HUNGRY

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 / 17.50	
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-HELDS

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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, CARAMELIZED 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, CARAMELIZED 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

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

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

MAINS

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

 VEGETARIAN

 GLUTEN FRIENDLY

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
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APPLE CIDER-DRESSED SLAW, SAUCE GRIBICHE