

APPETIZERS

HADDOCK & SWEET POTATO CHOWDER



SM 10.00 LG 16.00

Local haddock in a creamy broth of onion, garlic, celery, carrot, double smoked bacon, corn and sweet potato served with house-made biscuits.

LAMB CHILI WITH CORN BREAD



SM 11.00 LG 17.00

Free range ground lamb simmered with white navy beans, pinto beans, tomato and spices with a dollop of sour cream served with warm corn bread

Add cheddar and mozza for -1.50

SALADS

WINTER SALAD



11.00

Julienned winter root vegetables, local apple and savory cabbage tossed with zesty greens, drizzles with pickled red onion and roasted coriander vinaigrette

Add 5oz free range chicken for -6.00

SCALLOP BEET SALAD



18.00

Local pan-seared scallops (4oz) on a bed of zesty greens topped with house-made pickled red and golden beets, candied walnuts and goat cheese. Drizzled with picked red onion and roasted coriander vinaigrette

ARTICHOKE & ROASTED GARLIC HUMMUS

GLUTEN

Chickpeas blended with tahini, roasted garlic, olive oil and artichoke, served with crustinis.

MAC & CHEESE



12.00

9.00

Homemade macaroni & cheese topped with toasted bread crumbs and asiago cheese served in a cast iron pan

Add a house salad & make it a meal for -5.00

SOUP OF THE DAY



SM 8.00 LG 10.00

Served with homemade biscuits

CEASAR SALAD V



13.00

Traditional ceasar salad with romaine, pork belly, foccacia croutons and asiago cheese tossed with homemade ceasar dressing.

Add 5oz free range chicken for -6.00







Please, notify your server of any allergies you have so we can make the necessary modifications to your dish.



LUNCH FLATBREAD PIZZA

WINTER PIZZA



15.00

Celeriac squash puree topped with free -range chicken, cranberry, roasted apple, mozzarella and cheddar cheese.

GARLIC FINGERS



12.00

Herbed garlic butter topped with mozzarella, cheddar and asiago cheese. Add pork belly for -2.00

MEDITERRANEAN PIZZA





15.50

Sundried tomato and basil pesto base topped with fermented lemon, artichokes, olives, mozzarella and cheddar cheese.

> See our chalkboards for our **DAILY SPECIALS!**

Priced according to market value

LUNCH MAINS

VEGGIE BEET BURGER V (2) 15.00



15.50

Grated beet, bulgur and sauteed onion with Chef Misty's secret spice blend. Pan-seared, topped with goat cheese, aoili, a savoury apple, fennel and cabbage slaw served served with a house salad. Can be garlic free on request

ROASTED CURRY CARROT

FALAFEL WRAP



Pan-seared curry carrot falafels served on our homemade naan bread topped with fermented apple, cabbage, and fennel seed slaw, pickled red onion, garlic aioli and greens served with a house salad.

No Bread -14.50

OPEN-FACED BEEF TENDERLOIN SANDWICH



18.00

Atlantic beef sauteed with artichoke, onion and roasted garlic served on homemade foccacia with sundried tomato pesto spread, baked with mozzarella and cheddar, served with a house salad.

BEEF BURGER



16.00

Free-range local beef seasoned with our secret spices, topped with cheddar and mozzarella, house-made pickled red onion and dill pickles, zesty greens and aioli on a locally made seasame bun served with house salad.

PAN-SEARED HADDOCK



16.00

Local pan-seared haddock deglazed with white wine, served with chow and a house salad.

FISHCAKES OF THE DAY



Panko crusted pan-seared fishcakes made with fresh local seafood served with our house-made chow and house salad.

Priced according to market value.









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