

SOUPS & SALADS

Market Soup Prepared fresh with local ingredients & warm naan	6 8	BBQ Chicken Chopped Salad Greens, bacon, cucumbers, grape tomatoes, sweet corn, bell peppers, radishes, carrots & feta, with a house made BBQ ranch dressing (gf)	16
Modern Caesar Salad Romaine hearts, hand sliced bacon, croutons, fried capers, Parmesan, house made Caesar dressing – (gf *without croutons)	11	Buddha Bowl Organic quinoa, roasted cauliflower & local beets, watermelon radish, crispy chick peas, grape tomatoes, fresh avocado & cilantro, grapefruit ginger vinaigrette (vegan/ gf)	15
Roasted Beet & Quinoa Salad Organic greens, watermelon radish, grape tomatoes, crispy chick peas, feta cheese, maple-balsamic vinaigrette (veg/ gf)	15	Bistro Steak & Egg Salad 6 oz AAA Steak prepared medium, organic greens, homemade chipotle honey vinaigrette, feta cheese, hard boiled egg, grape tomatoes & crispy onion rings (gf *without the onion rings)	17
Citrus Lime Chicken Salad Fresh cut mango & avocado, organic greens, roasted red peppers, corn & black bean pico de gallo with a house made chili-lime vinaigrette (gf)	16		

Enhancements

Grilled Chicken \$5 Sautéed Prawns \$9 Blackened Trout \$9 Warm Naan \$3 Fresh Avocado \$3 Hard Boiled Egg \$2

SHARE PLATES

Make it a meal - add side soup, green salad or fries | 3 ea

Beef & Kimchi Tacos Five spiced braised beef, chipotle mayo, house made kimchi, & feta cheese on corn tortillas, three per order (gf)	14	Crispy Red Thai Curry Wings Fresh local chicken, tossed with Thai curry sauce, fresh cilantro & tzatziki sauce (gf)	14
Pork Schnitzel Strips Hand breaded, lightly fried, maple mustard sauce	12	Japanese Dumplings Pan fried pork & chicken gyoza, maple soy sauce	12
Grilled Avocados House made black bean & corn pico de gallo, poblano sauce, spiced corn chips (vegan/ gf)	9	Tempura Dynamite Roll Whole California roll dipped in tempura, maple soy sauce, Sriracha mayo, coconut shrimp, pickled ginger, wasabi	13

SANDWICHES & BURGERS

Burgers & Sandwiches served with fries, soup or salad. Sub spicy lattice fries, onion rings or Caesar salad | 2 ea

Rustic Chicken Club Local chicken, bacon, brie cheese, grilled zucchini, chipotle aioli on a cranberry sesame baguette	16	Hand Crafted Cheese Burger Fresh AAA Canadian beef, aged cheddar, lettuce, tomato, onion haystack with smoky mayo on a warm brioche roll – Add bacon, mushrooms, fried egg 2 ea.	16
Pesto Chicken Quesadilla Basil pesto, cheese blend, sun dried cranberries served with a honey lime dip	15	Braised Short Rib Sandwich Six hour braised beef, pickled caramelized onions, horseradish aioli, artisan bread, peppercorn demi glaze – Add Monterey Jack cheese 1	16
Crispy Shrimp Po'boy Shredded lettuce, remoulade sauce, fresh tomatoes, dill pickles, buttered French roll	16		

CASUAL & COMFORT

Blackened Chicken Spaghetti Squash Bowl Single chicken breast coated in house blended Cajun spice, sautéed onions, peppers, grape tomatoes, sweet corn & black beans served over roasted spaghetti squash topped with sour cream (gf)	17
Panko Breaded Fish & Chips One Panko breaded Pacific Cod filet, house fries, cabbage slaw & homemade tartar sauce	14
Red Thai Curry Vegetables Assorted fresh vegetables, ginger & coconut milk with basmati rice (vegan, gf)	15
Pasta Pomodoro Chili spiked Marzano tomato sauce, handmade spaghetti, whipped ricotta, fresh basil, Parmesan (veg) – Add Grilled Chicken 5 Sautéed Prawns 9 Blackened Trout 9 Braised Meatballs 8	15
Roasted Chicken Fajita Flatbread Marzano tomato sauce, mozzarella cheese, sautéed peppers & onions, topped with a chipotle mayo sauce – Add cup of soup, green salad or fries 3 ea	15