

EARTH TO TABLE

BREAD BAR

good ingredients matter.

TAKEOUT MENU

SHARED PLATES

SKINNY FRIES 9

Kosher salt, thyme

AVOCADO TOAST 13

Bacon, tomato, green goddess dressing, cilantro

LOADED FRIES 12

Daily creation

CALAMARI 15

Chorizo, basil, jalapeño salsa verde, lime aioli

SOUPS & SALADS

SOUP 9

Served with slice of toasted bread

QUINOA, CHICKPEA & BLACK BEAN SALAD 13

Arugula, feta, lemon, roast jalapeño pesto, scallions

SPRING SALAD 13

Bibb lettuce, radish, asparagus, edamame, chive, pickled red onion, green goddess dressing

KALE CAESAR SALAD 12

Croutons, parm, bacon

ARUGULA & FENNEL SALAD 12

Arugula, shaved fennel, sunflower seeds, parm, lemon, buttermilk dressing

SOUP AND SALAD COMBO 16

ADD

Salmon 10 Chicken 9

Flank Steak 10 Roasted Mushrooms 9

LUNCH MAINS (AVAILABLE UNTIL 4PM)

FLANK STEAK ON A BUN 18

Ciabatta bun, arugula, roasted red pepper, jalapeño salsa verde, garlic aioli, with choice of side

MUSHROOM SANDWICH 17

Mushroom, pesto, goat's cheese, cherry tomato, crispy onion, with choice of side

AVOCADO CHICKEN CLUB 18

Smashed avocado, roast chicken, smoked cheddar, arugula, garlic aioli, bacon, with choice of side

HAM & CHEESE SANDWICH 17

Tuscan ham, swiss cheese, grainy mustard aioli, arugula, with choice of side

MAC & CHEESE GRATIN 18

Bacon, caramelized onion, aged cheddar, with choice of side

CHEESEBURGER 18

7oz beef & pork patty, aged cheddar, burger sauce, lettuce, red onions, with choice of side

UMAMI BURGER 19

7oz beef & pork patty, mushrooms, pickled onions, parm crisp, truffle mayo, umami sauce, with choice of side

QUINOA VEGGIE BURGER 18

Pickled red onion, cucumber and tomato relish, tahini, garlic aioli, with choice of side

SPRING BUDDHA BOWL 25

Cilantro rice, spinach, avocado, cucumber, pickled veggies, fresh herbs, egg, romesco, with choice of chicken, salmon, flank steak, or roast mushrooms

Choices of sides: skinny fries, any salad, or soup. Upgrade to loaded fries for \$2

WE CATER
WE HAVE A FARM
WE HAVE 2 COOKBOOKS

Call to place an order:

Guelph - 519.767.2999 Hamilton - 905.522.2999

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TAKEOUT MENU

DINNER MAINS (AVAILABLE AFTER 4PM)

CHEESEBURGER 18

7oz beef & pork patty, aged cheddar, burger sauce, lettuce, red onions, with choice of side

UMAMI BURGER 19

7oz beef & pork patty, mushrooms, pickled onions, parm crisp, truffle mayo, umami sauce, with choice of side

QUINOA VEGGIE BURGER 18

Pickled red onion, cucumber and tomato relish, tahini, garlic aioli, with choice of side

MAC & CHEESE GRATIN 18

Bacon, caramelized onion, aged cheddar, with choice of side

ROAST 1/2 CHICKEN 27

Chili and fennel seed rub, roast mushrooms, asparagus and grilled shallot, with choice of side

SPRING RISOTTO 23

Kale, baby spinach, edamame, crème fraîche, basil pesto

SPRING BUDDHA BOWL 25

Cilantro rice, spinach, avocado, cucumber, pickled veggies, fresh herbs, egg, romesco, with choice of chicken, salmon, flank steak, or roast mushrooms

Choices of sides: skinny fries, any salad, or soup. Upgrade to loaded fries for \$2

DESSERT

CARROT CAKE BREAD PUDDING 6

Orange cream cheese glaze, toasted walnuts

REALLY, REALLY FUDGY BROWNIE 7

Salted caramel, toffee

CRUMBLE TOP PIE 5

Seasonal selection

STRAWBERRY SWIRL CHEESECAKE 10

Graham crust, white chocolate ganache, white chocolate shavings

LEMON OLIVE OIL CAKE 10

Oat crumble, rhubarb compote, sweetened crème fraîche

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DIPS \$2.50

TRUFFLE BUTTERMILK RANCH
GREEN GODDESS CREAMY GARLIC SPICY AIOLI

STONE BAKED PIZZA

11"

18"

MARGHERITA

Red sauce, mozza, basil, garlic, evoo

16

30

APPLE & BACON

White sauce, mozza, smoked cheddar, caramelized onions, fried sage

17

32

MEAT MOUNTAIN

Red sauce, mozza, bacon, fennel sausage, pepperoni, roasted red peppers, hot pickled peppers

17

32

BEE STING

Red sauce, mozza, spicy salami, basil, honey, lemon ricotta

17

32

THE ROB

White sauce, mozza, roasted mushrooms, garlic confit, goat cheese, caramelized onions, scallions

17

32

WISE GUY

Red sauce, mozza, fennel sausage, roasted red peppers, red onions, basil, chilies, garlic

17

32

MONTREAL PEPPERONI

Red sauce, mozza, pepperoni, everything bagel spice crust, basil, olive oil

17

32

HOT HONEY & BLUE

Red sauce, mozza, spicy salami, red onion, blue cheese, honey, parsley

17

32

CHEESE LOUISE

White sauce, mozza, brie, goat's cheese, truffle honey, chilies

17

32

HALIFAX DONAIR

Garlic sauce, mozza, spiced beef, tomato, donair sauce, pickled turnip, white onion, parsley, za'atar

17

32

SPRING CHICKEN

Pesto, mozza, chicken, goat's cheese, spinach, peas, garlic confit, lemon zest

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MVPIZZA

Seasonal inspiration. \$1 from each purchase goes to out monthly MVP employee

17

32

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