

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:

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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TAKEOUT MENU

## 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

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

17

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### MVPIZZA

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

17

32

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