

EARTH TO TABLE

BREAD BAR

good ingredients matter.

LUNCH MENU

WE CATER
WE HAVE A FARM
WE HAVE 2 COOKBOOKS

SHARED PLATES

CREAMY HUMMUS 13

Sundried tomato & charred red onion vinaigrette, hemp hearts, za’atar pita, basil oil

CALAMARI 15

Chorizo, chilis, jalapeño chimichurri, lime aioli, crispy basil, smoked paprika, lime wedge

LOADED FRIES 12

Daily creation

SKINNY FRIES 9

Kosher salt, thyme

BREAD PLATE 13

House-baked bread, marinated bocconcini & heirloom tomato, crushed avocado, lemon ricotta, pickled kohlrabi

BURRATA 19

Fresh burrata, charred peach, spiced pistachio, summer herbs, Thurston’s honey, grilled house bread

MUSSELS 16

White wine, tomato, bacon, garlic, shallots, garlic toast

SOUPS & SALADS

QUINOA, CHICKPEA & BLACK BEAN SALAD 13

Arugula, feta, lemon, roast jalapeño pesto, scallions, crispy quinoa

ARUGULA & FENNEL SALAD 12

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

SOUP 9

Served with a slice of fresh, buttered bread

SOUP & SALAD 16

Daily soup, choice of salad

ETT FARM PANZANELLA SALAD 12

Greens, toasted bread, heirloom tomato, red onion, basil pesto, parm, romesco aioli

KALE CAESAR SALAD 12

Croutons, parm, bacon

WATERMELON & FETA SALAD 12

Arugula, watermelon, ginger, red onion, feta, mint

ADD

Salmon 10 Chicken 9 Flank Steak 10
Roast Mushroom 9

MAINS

FLANK STEAK ON A BUN 18

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

AVOCADO CHICKEN CLUB 18

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

HOUSE BLT 17

Thick cut, house-smoked bacon, bibb lettuce, mayo, tomato, on sourdough, with choice of side

CAPRESE SANDWICH 17

Burrata cheese, heirloom tomato, basil aioli, red onion, arugula, with choice of side

MAC ‘N’ CHEESE 18

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

CHEESEBURGER 18

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

UMAMI BURGER 19

7oz beef & pork patty, mushroom, pickled red onion, truffle aioli, parm crisp, umami sauce, with choice of side

QUINOA VEGGIE BURGER 18

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

SUMMER BUDDHA BOWL 25

Farro & herb salad, smashed avocado, cucumber, radish, honey pickled strawberry, carrot, hemp hearts, 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

Call to place an order:

Guelph - 519.767.2999 Hamilton - 905.522.2999

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LUNCH MENU

WE CATER
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DIPS \$2.50

CREAMY GARLIC AIOLI CHIPOTLE AIOLI
BUTTERMILK RANCH MARINARA TRUFFLE AIOLI

STONE BAKED PIZZA

11" 18"

MVPIZZA Seasonal inspiration. \$1 from each purchase goes to our monthly MVP employees	17	32
MARGHERITA Red sauce, mozza, basil, garlic, EVOO	16	30
APPLE & BACON White sauce, mozza, apple, bacon, caramelized onions, smoked cheddar, thyme, fried sage	17	32
MEAT MOUNTAIN Red sauce, mozza, pepperoni, bacon, fennel sausage, roasted red peppers, pickled hot peppers, basil	17	32
BEE STING Red sauce, mozza, spicy salami, basil, honey, lemon ricotta, chili oil	17	32
CHEESE LOUISE White sauce, mozza, brie, goat's cheese, truffle honey, chili, parsley	17	32
MEXICAN STREET CORN White sauce, mozza, corn, jalapeño, feta, parm, lime aioli, smoked paprika, cilantro shoots	17	32
JERK CHICKEN EVOO, mozza, jerk chicken, red onion, chilies, grilled pineapple, garlic aioli, cilantro shoots	17	32
MILLENIAL FALCON Red sauce, mozza, marinated tomato, burrata, toasted fennel, basil shoots, EVOO	17	32
EL DIABLO White sauce, mozza, caramelized onion, chilies, marinara, basil, garlic, chili oil	17	32

Spice up your crust!
Add house-made everything bagel spice to any pizza for \$2

DESSERT

TOFFEE PEACH BREAD PUDDING 10 Salted caramel sauce, feulletine, vanilla ice cream	BLUEBERRY CORNMEAL UPSIDE DOWN CAKE 10 Blueberry-maple reduction, whipped cream
COCONUT LEMON CHEESECAKE 10 Graham crust, lemon curd, toasted coconut, whipped cream	REALLY REALLY FUDGY BROWNIE 10 Salted caramel sauce, toffee, vanilla ice cream
PIE A LA MODE 10 Seasonal selection, vanilla ice cream	

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Sundried tomato & charred red onion
vinaigrette, hemp hearts, za’atar pita, basil oil

CALAMARI 15

Chorizo, chilis, jalapeño chimichurri, lime
aioli, crispy basil, smoked paprika, lime wedge

LOADED FRIES 12

Daily creation

BREAD PLATE 13

House-baked bread, marinated bocconcini &
heirloom tomato, crushed avocado, lemon
ricotta, pickled kohlrabi

BUTCHER’S BOARD 21

Assortment of locally sourced meats & cheeses,
house pickles, mustard, toasted bread

SKINNY FRIES 9

Kosher salt, thyme

BURRATA 19

Fresh burrata, charred peach, spiced pistachio,
summer herbs, Thurston’s honey, grilled house
bread

MUSSELS 16

White wine, tomato, bacon, garlic,
with garlic toast

SOUPS & SALADS

QUINOA, CHICKPEA & BLACK
BEAN SALAD 13

Arugula, feta, lemon, roast jalapeño pesto,
scallions, crispy quinoa

ARUGULA & FENNEL SALAD 12

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

ETT FARM PANZANELLA SALAD 12

Greens, toasted bread, heirloom tomato, red
onion, basil pesto, parm, romesco aioli

KALE CAESAR SALAD 12

Croutons, parm, bacon

WATERMELON & FETA SALAD 12

Arugula, watermelon, ginger, red onion,
feta, mint

SOUP 9

Served with a slice of fresh, buttered bread

ADD

Salmon 10 Chicken 9 Flank Steak 10
Roast Mushroom 9

MAINS

CHEESEBURGER 18

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

UMAMI BURGER 19

7oz beef & pork patty, mushroom, pickled
red onion, truffle aioli, parm crisp, umami
sauce, with choice of side

QUINOA VEGGIE BURGER 18

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

BUCATINI POMODORO 28

Heirloom tomato, parm, basil, chili flakes,
EVOO, with choice of chicken, salmon, flank
steak, or roast mushroom

SUMMER BUDDHA BOWL 25

Farro & herb salad, smashed avocado,
cucumber, radish, honey pickled strawberry,
carrot, hemp hearts, with choice of chicken,
salmon, flank steak, or roast mushrooms

MAC ‘N’ CHEESE 18

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

ROAST 1/2 CHICKEN 27

Chili & fennel rub, roast corn, Peruvian potato
salad, ETT Farm green salad

SUMMER RISOTTO 24

Jalapeño chimichurri, roast corn, marinated
tomato, parm, cilantro shoots

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

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