

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, lime, jalapeño chimichurri, lime aioli, crispy basil, smoked paprika
- 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

LUNCH MENU

WE CATER

WE HAVE A FARM

WE HAVE 2 COOKBOOKS

DIPS \$2.50		
CREAMY GARLIC AÏOLI CHIPOTLE AÏOLI BUTTERMILK RANCH MARINARA TRUFFLE AÏOLI		
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
CRUMBLE TOP PIE A LA MODE 10 Seasonal selection, vanilla ice cream	

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DINNER MENU

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SHARED PLATES

- CREAMY HUMMUS 13**
Sundried tomato & charred red onion
vinaigrette, hemp hearts, za'atar pita, basil oil
- CALAMARI 15**
Chorizo, chilis, lime, jalapeño chimichurri,
lime aioli, crispy basil, smoked paprika
- 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

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7oz beef & pork patty, aged cheddar, red
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with choice of side
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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

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