

EARTH TO TABLE

BREAD BAR



good ingredients matter.



DINNER MENU

-  vegan
-  gluten free
-  dairy free
-  contains pork


WE CATER  
WE HAVE A FARM  
WE HAVE 3 COOKBOOKS


SHARED PLATES

**CREAMY HUMMUS 14**   
Crispy chickpea, lemon zest, parsley, toasted  
cumin, za'atar pita  
*Substitute your pita for fresh veggies* **3** 



**CALAMARI 16**    
Chorizo, lime, chilies, house cocktail sauce,  
garlic aioli

**BREAD PLATE 16**  
Baked brie with spiced maple & hazelnut,  
minted pea with parm, creamy hummus,  
charred spring onion spread

**MUSSELS 17**   
Double-smoked bacon, garlic, cream, white  
wine, house toast with green goddess

**BUTCHER'S BOARD 24**   
Charcuterie, fine cheese, house pickles,  
mustard, house toast

**LOADED FRIES 13**  
Daily creation

**SKINNY FRIES 10**    
Kosher salt, thyme

SOUPS & SALADS

**QUINOA, CHICKPEA & BLACK  
BEAN SALAD 16**   
Arugula, feta, lemon, roast jalapeño pesto,  
scallions, crispy quinoa

**ARUGULA & FENNEL SALAD 14**   
Arugula, shaved fennel, sunflower seeds,  
parm, lemon, buttermilk dressing


**KALE CAESAR SALAD 15**   
Baby kale, croutons, parm, bacon


**SPRING SALAD 16**   
Bibb lettuce, farm greens, snap pea,  
asparagus, pickled red onion, radish, chive,  
goat's cheese, green goddess dressing


**DAILY SOUP 10**  
Served with a slice of fresh, buttered bread

**ADD**  
Maple & Chili Fried Tempeh **9**    
Chicken **10**   Salmon **12**   
Flank Steak **12**  

MAINS

**MAC 'N' CHEESE 19**   
Bacon, caramelized onion, aged cheddar,  
with choice of side



**CHEESEBURGER 20**   
7oz beef & pork patty, aged cheddar, red  
onion, iceberg lettuce, house burger sauce,  
with choice of side


**UMAMI BURGER 21**   
7oz beef & pork patty, mushroom, pickled  
red onion, truffle aioli, parm crisp, umami  
sauce, with choice of side


**FALAFEL BURGER 19**  
Falafel patty, cucumber & coconut raita,  
tomato, red onion, iceberg lettuce

**CAVATELLI 26**  
Fresh cavatelli, zucchini, garlic, mint & basil  
pesto, parm, lemon zest

**ROAST 1/2 CHICKEN 30**   
Fennel, black pepper & chili rub, asparagus,  
mushroom & potato fricasee, farm greens

**BUDDHA BOWL 26**    
Farm greens, minted millet & peas, tamari  
mushroom, pickled red onion, sesame slaw,  
cilantro, chili lime rice cracker, with choice of  
chicken, salmon, flank steak, or fried tempeh

**MEDITERRANEAN BOWL 27**   
Farm greens, fattoush, muhammara, halloumi,  
toasted walnut, pickled cauliflower, crispy  
chickpea, with choice of chicken, salmon, flank  
steak, or fried tempeh

**RISOTTO 27**   
Snap pea, asparagus, leek, poached egg,  
toasted walnut, parm, tarragon vinaigrette

Choices of sides: skinny fries, any salad, or soup. Upgrade to loaded fries for \$3

For parties of 8 or more, a pre-tax gratuity of 17% will be applied

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DIPS \$2.50

- CREAMY GARLIC AÏOLI  

BUTTERMILK RANCH 



SPICY MARINARA  
- CHARRED LEEK  

TRUFFLE AÏOLI  

GREEN GODDESS  

STONE BAKED PIZZA

11"18"

<b>MVPIZZA</b> Seasonal inspiration. \$1 from each purchase goes to our monthly MVP employees	18	35
<b>MARGHERITA</b> Red sauce, mozza, basil, garlic, EVOO	17	34
<b>APPLE &amp; BACON</b>  White sauce, mozza, apple, bacon, caramelized onions, smoked cheddar, thyme, crispy sage	18	35
<b>MEAT MOUNTAIN</b>  Red sauce, mozza, pepperoni, bacon, fennel sausage, roasted red peppers, pickled hot peppers, basil	18	35
<b>BEE STING</b>  Red sauce, mozza, spicy salami, basil, honey, lemon ricotta, chili oil	18	35
<b>CHEESE LOUISE</b> White sauce, mozza, brie, goat’s cheese, truffle honey, chili, parsley	18	35
<b>SPRING CHICKEN</b> Pesto, mozza, chicken, asparagus, roast garlic, ricotta, lemon zest	18	35
<b>GREEN MACHINE</b>  Chimichurri, roast garlic, zucchini, pickled jalapeño, fresh arugula, lemon zest	17	34
<b>MONTREAL CANADIAN</b>  Red sauce, mozza, pepperoni, bacon, mushroom, honey oil, everything bagel crust	18	35
<b>ARTICHOKE &amp; SPINACH</b> White sauce, mozza, artichoke, spinach, house gardineira, tomato, black olive, chilis, parm	17	34

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

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