

EARTH TO TABLE

BREAD BAR



good ingredients matter.



LUNCH 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


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


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


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

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

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

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

SOUP & SALAD 17
Daily soup, choice of salad

ADD

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

MAINS


SPICED CHICKEN SANDWICH 19
Grilled chicken, apple & fennel slaw, pickled
red onion, jalapeño honey butter on a potato
roll, with choice of side


STEAK ON A BUN 19
Grilled flank steak, brie, caramelized onion,
arugula, chimichurri, with choice of side


PORCHETTA SANDWICH 19 
Slow-roasted pork, kale, parm crisp, truffle
aioli, house hot sauce, with choice of side

SALMON SALAD SANDWICH 19
Atlantic salmon, preserved lemon aioli, red
onion, scallion, with choice of side



**ARTICHOKE & RED PEPPER
SANDWICH 19**
Charred artichoke, roasted red pepper,
spinach, garlic aioli, parm crisp,
with choice of side

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
House falafel patty, cucumber raita, tomato,
iceberg lettuce, red onion

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

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  
- CHARRED LEEK  
- BUTTERMILK RANCH 
- TRUFFLE AÏOLI  
- SPICY MARINARA  
- GREEN GODDESS  

STONE BAKED PIZZA

	11"	18"
MVPIZZA Seasonal inspiration. \$1 from each purchase goes to our monthly MVP employees	18	35
MARGHERITA Red sauce, mozza, basil, garlic, EVOO	17	34
APPLE & BACON  White sauce, mozza, apple, bacon, caramelized onions, smoked cheddar, thyme, crispy sage	18	35
MEAT MOUNTAIN  Red sauce, mozza, pepperoni, bacon, fennel sausage, roasted red peppers, pickled hot peppers, basil	18	35
BEE STING  Red sauce, mozza, spicy salami, basil, honey, lemon ricotta, chili oil	18	35
CHEESE LOUISE White sauce, mozza, brie, goat's cheese, truffle honey, chili, parsley	18	35
SPRING CHICKEN Pesto, mozza, chicken, asparagus, roast garlic, ricotta, lemon zest	18	35
GREEN MACHINE  Chimichurri, roast garlic, zucchini, pickled jalapeño, fresh arugula, lemon zest	17	34
MONTREAL CANADIAN  Red sauce, mozza, pepperoni, bacon, mushroom, honey oil, everything bagel crust	18	35
ARTICHOKE & SPINACH 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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