



EARTH TO TABLE

BREAD BAR

good ingredients matter.

BREAKFAST MENU

Available from 8:00am - 11:00am

ALL DAY MENU

Available from 11:00am - 9:00pm

BREAKFAST MENU

MAINS

PEARLE BREAKFAST | 22

2 eggs any style, bacon, sausage, roast tomato, fingerlings, toast

EGGS BENEDICT | 20

Choice of smoked ham, smoked salmon or sauteed spinach

2 poached eggs, soft roll, lemon hollandaise, fingerlings

SMOKED SALMON SCRAMBLE | 22

Soft scrambled eggs, toast, sour cream, dill, fingerlings

AVOCADO TOAST | 20

2 poached eggs, sliced avocado, pico de gallo, cilantro, chili hollandaise, fingerlings

BREAKFAST WRAP | 18

Egg omelette, avocado, cheddar, tomato, chili mayo, tortilla, fingerlings

BUTTERMILK WAFFLE | 20

Warm berries, maple syrup, whipped cream, lemon zest

BREAKFAST SIDES

Toast | 4

(choice of white or whole wheat)

2 eggs any style | 5

Sliced avocado | 6

Crispy bacon | 8

Breakfast sausage | 8

Roast tomato | 8

Crispy fingerlings | 6

Fresh berries, granola & vanilla yogurt | 14

Fresh fruit plate | 12

SMOOTHIES | 10

STRAWBERRY & TAHINI

Strawberry, banana, buttermilk, honey, tahini

GREEN PEANUT BUTTER

Almond milk, baby kale, fresh peanut butter, banana, cinnamon

ALL DAY MENU

SHARED PLATES

CREAMY HUMMUS | 14

Crispy chickpea, lemon zest, parsley, toasted cumin, za'atar pita

CALAMARI | 16

Chorizo, lime, chilies, house cocktail sauce, garlic aioli

MUSSELS | 17

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

LOADED FRIES | 13

Daily creation

SKINNY FRIES | 10

Maldon salt, thyme

SOUPS & SALADS

KALE CAESAR SALAD | 16

Baby kale, croutons, parm, bacon

ARUGULA & FENNEL SALAD | 15

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

QUINOA, CHICKPEA & BLACK BEAN SALAD | 16

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

DAILY SOUP | 10

Served with a slice of fresh, buttered bread
Make it a combo with your choice of salad | 7

SALAD ENHANCEMENTS

Maple & Chili Fried Tempeh | 9

Chicken | 10

Salmon | 12

Flank Steak | 12

See reverse for Sandwiches, Mains, and Desserts

MAINS

FALAFEL BURGER | 19

House falafel patty, cucumber raita, tomato, iceberg lettuce, red onion, with choice of side

AVOCADO CHICKEN CLUB | 19

Roast chicken, bacon, smoked cheddar, smashed avocado, arugula, garlic aioli, with choice of side

CHEESEBURGER | 20

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

UMAMI BURGER | 21

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

MAC & CHEESE | 20

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

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

ROAST 1/2 CHICKEN | 30

Fennel, black pepper & chili rub, asparagus, mushroom & potato fricasee, farm greens

DESSERTS

Maple Walnut Bread Pudding | 11

Double Chocolate Raspberry Cake | 11

Strawberry Rhubarb Cheesecake | 11

Pie A La Mode | 11

Really Really Fudgy Brownie | 11

PIZZA MENU

PIZZAS	11"	18"
MVPIZZA Seasonal inspiration. \$1 from each purchase goes to our monthly MVP employees	18	35
MARGHERITA Red sauce, mozza, basil, garlic	17	34
BEE STING Red sauce, mozza, spicy salami, honey, chili oil	18	35
GREEN MACHINE Chimichurri, roast garlic, zucchini, pickled jalapeño, fresh arugula, lemon zest (V)	17	34
MEAT MOUNTAIN Red sauce, mozza, pepperoni, bacon, sausage, red pepper, pickled pepper	18	35
SPRING CHICKEN Pesto, mozza, chicken, asparagus, roast garlic, ricotta, lemon zest	18	35
MONTREAL CANADIAN Red sauce, mozza, pepperoni, bacon, mushroom, honey oil, everything bagel crust	18	35
APPLE & BACON White sauce, mozza, apple, bacon, caramelized onions, smoked cheddar, thyme, crispy sage	18	35

SAUCES | 2.5

Creamy Garlic Aioli
Truffle Aioli
Marinara

Smoked Chili Aioli
Buttermilk Ranch