

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

- CALAMARI 16**  
Chorizo, lime, chilies, house cocktail sauce, garlic aioli
- MUSSELS 17** 
Smoked bacon, tomato, garlic, shallot, saffron butter, white wine, toast with garlic aioli
- CREAMY HUMMUS 15** 
Crispy chickpea, lemon zest, parsley, toasted cumin, za'atar pita
Substitute your pita for fresh veggies 3 
- LOADED FRIES 13**
Daily creation



- SKINNY FRIES 10**  
Kosher salt, thyme
- BREAD PLATE 16**
Baked brie with hazelnut & spiced maple, lemon ricotta, creamy hummus, green butter
- BURRATA 19**
Fresh burrata, heirloom tomato, pickled melon, basil, mint, toast
- BUTCHER'S BOARD 24** 
Charcuterie, fine cheese, pickles, mustard, toast

SOUPS & SALADS

- QUINOA, CHICKPEA & BLACK BEAN SALAD 16** 
Arugula, feta, lemon, roast jalapeño pesto, scallions, crispy quinoa
- ARUGULA & FENNEL SALAD 15** 
Arugula, shaved fennel, sunflower seeds, parm, lemon, buttermilk dressing
- SUMMER SALAD 16** 
Farm greens, compressed watermelon, cucumber, pickled red onion, feta, candied pecan

- KALE CAESAR SALAD 15** 
Baby kale, house croutons, parm, bacon
- DAILY SOUP 10**
Served with a slice of fresh, buttered bread
- ADD**
Maple & Chili Fried Tempeh **9**  
Chicken **11**   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**
House falafel patty, cucumber & red onion raita, tomato, iceberg lettuce, with choice of side

- ROAST 1/2 CHICKEN 31**
Buttermilk brined, chili, fennel & black pepper rub, roast corn & tomato panzanella, jalapeño salsa verde
- RISOTTO 26** 
Chickpea, tomato marmalade, basil pesto, toasted hazelnut, parm
- BUCATINI 27**
Confit tomato, grilled eggplant, garlic, basil, citrus breadcrumb, parm
- BUDDHA BOWL 27**  
Farm greens, strawberry, crushed avocado, cucumber, grilled zucchini, millet, hempseed, crispy taro root, cilantro-tahini dressing, with choice of chicken, salmon, flank steak, or fried tempeh

Choices of side where included: 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


- CHILI HONEY


- BUTTERMILK RANCH


- TRUFFLE AÏOLI








- SPICY MARINARA


- PISTACHIO AÏOLI



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
PESTO CHICKEN Pesto, mozza, chicken, goat's cheese, cherry tomato, corn, shallots, parm	18	35
RICK & MORTY  White sauce, mozza, minced garlic, mortadella, lemon ricotta, chili, fresh arugula, pisatchio aioli	18	35
MILLENIAL FALCON Red sauce, mozza, buffalo mozzarella, cherry tomato, fennel powder, basil	18	35
HUMMUS & VEG  Hummus, grilled eggplant, summer squash, red onion, tomato, roasted red pepper, EVOO, basil	18	35
SWEET HEAT  Red sauce, mozza, pineapple, bacon, hot pepper, feta	18	35

Spice up your crust!

Add house-made everything bagel spice to any pizza for \$2

If you don't see one of your past favourites on the menu, ask us if we can still make it for you!

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