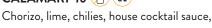


SHARED PLATES

CALAMARI 16 (1)





MUSSELS 17 ()

garlic aïoli



Smoked bacon, tomato, garlic, shallot, saffron butter, white wine, toast with garlic aïoli

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 (\$) (00)





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

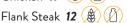
ADD

Maple & Chili Fried Tempeh 9 (\$) (00)



Chicken 11





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 aïoli, 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 (\$) (00)





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

(00) vegan 🛞 gluten free (🎢) dairy free contains pork

WE CATER WE HAVE A FARM WE HAVE 3 COOKBOOKS



DIPS \$2.50

CREAMY GARLIC AÏOLI (**)

BUTTERMILK RANCH (**)

SPICY MARINARA (**)

PISTACHIO AÏOLI (**)

STONE BAKED PIZZA 11" 18" **MVPIZZA** 18 35 Seasonal inspiration. \$1 from each purchase goes to our monthly MVP employees **MARGHERITA** 17 34 Red sauce, mozza, basil, garlic, EVOO APPLE & BACON 18 35 White sauce, mozza, apple, bacon, caramelized onions, smoked cheddar, thyme, crispy sage MEAT MOUNTAIN 😭 18 35 Red sauce, mozza, pepperoni, bacon, fennel sausage, roasted red peppers, pickled hot peppers, basil BEE STING (18 35 Red sauce, mozza, spicy salami, basil, honey, lemon ricotta, chili oil **CHEESE LOUISE** 18 35 White sauce, mozza, brie, goat's cheese, truffle honey, chili, parsley **PESTO CHICKEN** 35 18 Pesto, mozza, chicken, goat's cheese, cherry tomato, corn, shallots, parm RICK & MORTY (Car) 35 18 White sauce, mozza, minced garlic, mortadella, lemon ricotta, chili, fresh arugula, pisatchio aïoli MILLENIAL FALCON 18 35 Red sauce, mozza, buffalo mozzarella, cherry tomato, fennel powder, basil HUMMUS & VEG (%) 35 18 Hummus, grilled eggplant, summer squash, red onion, tomato, roasted red pepper, EVOO, basil SWEET HEAT 18 35

Spice up your crust!

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

Red sauce, mozza, pineapple, bacon, hot pepper, feta

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

₩ vegan

gluten free



contains pork

WE CATER
WE HAVE A FARM
WE HAVE 3 COOKBOOKS