

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

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

LOADED FRIES 13
Daily creation


SKINNY FRIES 10  
Kosher salt, thyme


CREAMY HUMMUS 15 
Crispy chickpea, lemon zest, parsley, toasted
cumin, za'atar pita
Substitute your pita for fresh veggies **3** 

BREAD PLATE 16
Baked brie with hazelnut & spiced maple, lemon
ricotta, creamy hummus, green butter

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


SOUP & SALAD 17
Daily soup, choice of salad

ADD
Maple & Chili Fried Tempeh **9**  
Chicken **11**   Salmon **12** 
Flank Steak **12**  

MAINS

AVOCADO CHICKEN SANDWICH 19 
Grilled chicken, smoked bacon, smashed
avocado, aged cheddar, arugula, garlic aioli,
with choice of side


EGG SALAD SANDWICH 18
House egg salad, pickled mustard seed, tomato,
scallion, bibb lettuce, with choice of side


BREAD BAR DELI SANDWICH 19 
Roast turkey, mortadella, Genoa salami,
provolone, spicy bodega slaw, garlic aioli,
with choice of side


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



CAPRESE SANDWICH 19
Buffalo mozzarella, heirloom tomato, arugula,
garlic aioli, basil pesto, with choice of side

FALAFEL BURGER 19
House falafel patty, cucumber & red onion raita,
tomato, iceberg lettuce, 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

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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- 

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- 

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contains pork

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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