

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** 
Double-smoked bacon, tomato, garlic,
shallot, fennel, cream, cider, toast with
mustard aioli
- CREAMY HUMMUS 15** 
Crispy chickpea, lemon zest, parsley, toasted
cumin, za'atar pita
Substitute your pita for fresh veggies 3 
- BRUSSELS SPROUTS 17** 
Bacon, apple, scallion, citrus bread crumb,
chili flake, buttermilk ranch



- LOADED FRIES 13**
Daily creation
- SKINNY FRIES 10**  
Kosher salt, thyme
- BREAD PLATE 16**
Baked goat's cheese with hazelnut & maple,
lemon ricotta, creamy hummus, za'atar cheese
toast, apple & sage chutney
- SPICED LAMB FLATBREAD 23**
Spiced lamb, Mediterranean salad, sumac
yogurt, lemon, hummus, herbs
- BUTCHER'S BOARD 24** 
Charcuterie, fine cheese, house pickles,
mustard, house 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
- BEET SALAD 16** 
Heirloom beets, apple, watercress, cashew
goat's cream, super seed brittle

- 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** 
Short Rib **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, fennel & black pepper rub,
maple-roasted sweet potato, walnut pesto, chili,
broccolini, farm greens
- RISOTTO 26** 
Chickpea, tomato marmalade, basil pesto,
toasted hazelnut, parm
- LINGUINE 27**
Truffle cream, garlic, tarragon, citrus bread
crumb, parm, garlic toast with choice of short rib
or roasted mushroom
- TACO BOWL 27** 
Braised black beans, pico de gallo, pickled red
onion, avocado, arugula, feta, lime crema, tortilla
crisps, with choice of protein

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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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

CLASSIC PEPPERONI



Red sauce, mozza, pepperoni, dried basil

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

SOMETHING CHICKEN

White sauce, mozza, chicken, roasted mushrooms, roasted garlic, parm, chili

18

35

RICK & MORTY



White sauce, mozza, minced garlic, mortadella, lemon ricotta, chili, fresh arugula, pistachio aioli

18

35

BIANCA

White sauce, mozza, gruyere, potato, garlic, rosemary, EVOO

18

35

MEAN BEAN



White bean purée, red onion, sweet potato, kale, crispy sage, chili flake, maple tahini sauce

18

35

MUSHROOM & SCALLION

Red sauce, mozza, roast mushroom, garlic, scallion

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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