# EARTH TO TABLE
## BREAD BAR
*good ingredients matter.*

# LUNCH MENU

## SHARED PLATES

**CALAMARI** *16*
Chorizo, lime, chilies, house cocktail sauce, garlic aïoli

**MUSSELS** *17*
Double-smoked bacon, tomato, garlic, shallot, fennel, cream, cider, toast with mustard aïoli

**LOADED FRIES** *13*
Daily creation

**SKINNY FRIES** *10*
Kosher salt, thyme

**BRUSSELS SPROUTS** *17*
Bacon, apple, scallion, citrus bread crumb, chili flake, buttermilk ranch

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

**BREAD PLATE** *16*
Baked goat's cheese with hazelnut & maple, creamy hummus, za'atar cheese toast, apple & sage chutney

## 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

**SOUP & SALAD** *17*
Daily soup, choice of salad

**ADD**
Maple & Chili Fried Tempeh *9*
Chicken *11*          Salmon *12*
Short Rib *12*

## MAINS

**TURKEY & BRIE SANDWICH** *19*
Roast turkey, house-smoked bacon, brie, apple chutney, arugula, garlic aïoli, with choice of side

**BREAD BAR GRILLED CHEESE** *18*
Aged smoked cheddar, fresh apple, caramelized onion, with choice of side

**MUFFULETTA SANDWICH** *19*
Genoa salami, aged coppa, mortadella, ham, provolone, olive & red pepper spread, shaved cabbage, oregano vinaigrette, with choice of side

**SALMON SALAD SANDWICH** *19*
Atlantic salmon, preserved lemon aïoli, red onion, scallion, with choice of side

**EGG SALAD SANDWICH** *19*
House egg salad, scallion, bibb lettuce, pickled mustard seed, 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 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

**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*

**Legend:**
- vegan
- gluten free
- dairy free
- contains pork

**WE CATER**
**WE HAVE A FARM**
**WE HAVE 3 COOKBOOKS**

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## DIPS $2.50

CREAMY GARLIC AÏOLI 🌾 🍶     CHILI HONEY 🌾 🍶
BUTTERMILK RANCH 🌾            TRUFFLE AÏOLI 🌾 🍶
SPICY MARINARA 🌾 🌿          PISTACHIO AÏOLI 🌾 🍶

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| STONE BAKED PIZZA | 11″ | 18″ |
|---|---|---|
| **MVPIZZA**<br>Seasonal inspiration. $1 from each purchase goes to our monthly MVP employees | 18 | 35 |
| **MARGHERITA**<br>Red sauce, mozza, basil, garlic, EVOO | 17 | 34 |
| **CLASSIC PEPPERONI** 🐷<br>Red sauce, mozza, pepperoni, dried basil | 17 | 34 |
| **APPLE & BACON** 🐷<br>White sauce, mozza, apple, bacon, caramelized onions, smoked cheddar, thyme, crispy sage | 18 | 35 |
| **MEAT MOUNTAIN** 🐷<br>Red sauce, mozza, pepperoni, bacon, fennel sausage, roasted red peppers, pickled hot peppers, basil | 18 | 35 |
| **BEE STING** 🐷<br>Red sauce, mozza, spicy salami, basil, honey, lemon ricotta, chili oil | 18 | 35 |
| **SOMETHING CHICKEN**<br>White sauce, mozza, chicken, roasted mushrooms, roasted garlic, parm, chili | 18 | 35 |
| **RICK & MORTY** 🐷<br>White sauce, mozza, minced garlic, mortadella, lemon ricotta, chili, fresh arugula, pistachio aïoli | 18 | 35 |
| **BIANCA**<br>White sauce, mozza, gruyere, potato, garlic, rosemary, EVOO | 18 | 35 |
| **MEAN BEAN** 🌿<br>White bean purée, red onion, sweet potato, kale, crispy sage, chili flake, maple tahini sauce | 18 | 35 |
| **MUSHROOM & SCALLION**<br>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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