

EARTH TO TABLE

BREAD BAR

good ingredients matter.

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-  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,  
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

Choices of side where included: skinny fries or soup of the day  
Upgrade to loaded fries or any salad for \$3


- MAC 'N' CHEESE 19**   
Bacon, caramelized onion, aged cheddar,  
with choice of side

**CHEESEBURGER 20**   
Beef & pork patty, aged cheddar, red onion,  
iceberg lettuce, house burger sauce,  
with choice of side


**UMAMI BURGER 21**   
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

For parties of 8 or more, a pre-tax gratuity of 17% will be applied

DIPS \$2.50

- CREAMY GARLIC AÏOLI


- CHILI HONEY


- BUTTERMILK RANCH








- TRUFFLE AÏOLI


- SPICY MARINARA



STONE BAKED PIZZA

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