

EARTH TO TABLE

BREAD BAR



good ingredients matter.


INCUB

-  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
- 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

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

- TURKEY & BRIE SANDWICH 19** 

Roast turkey, house-smoked bacon, brie, apple chutney, arugula, garlic aioli, 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 aioli, 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** 

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
- 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	SML	LRG
<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 aïoli	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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