

EARTH TO TABLE

BREAD BAR


good ingredients matter.

INCREDIBLE



-  vegan
-  gluten free
-  dairy free
-  contains pork

WE CATER  
WE HAVE A FARM  
WE HAVE 3 COOKBOOKS

SHARED PLATES

**BUTCHER’S BOARD 25**   
Charcuterie, fine cheese, house pickles,  
mustard, house toast

**MUSSELS 18**  
Butter, garlic, shallot, white wine, basil,  
tomato, house toast, garlic aioli



**CALAMARI 17**    
Cocktail sauce, lime, chorizo, chilies,  
garlic aioli

**BREAD PLATE 17**  
Basil walnut spread, hummus, cherry &  
green onion butter, cheesy garlic bread


**BURRATA FLAT BREAD 22**  
Charred heirloom tomato, pickled peach,  
hot honey, basil, red onion

**CREAMY HUMMUS 16**   
Crispy chickpea, lemon zest, parsley, za’atar  
spice, house toast  
Add fresh veggies 4    
Add za’atar pita 4 


**LOADED FRIES 14**  
Daily creation

**SKINNY FRIES 10**    
Kosher salt, thyme

SOUPS & SALADS

**FARM SALAD 16**   
Greens, tomato, red onion, avocado,  
cucumber, feta, green tahini vinaigrette,  
basil, mint

**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

**KALE CAESAR SALAD 16**   
Baby kale, house croutons, parm, bacon

**DAILY SOUP 11**  
Served with a slice of fresh, buttered bread

**SOUP & SALAD 18**  
Daily soup, choice of salad


**ADD**  
Falafel & Green Tahini 9    
Korean Tempeh 9    
Chicken 11   Salmon 12   
Grilled Flank Steak 13 

MAINS

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


**PULLED MUSHROOM SANDWICH 19**  
BBQ pulled mushrooms, spicy slaw, crispy onion,  
smoked cheddar, Vienna loaf, with choice of side


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







**CUBANO SANDWICH 20**   
Smoked pork shoulder, ham, yellow mustard,  
pickle, provolone, Vienna loaf, with choice of side


**AVOCADO CHICKEN CLUB 21**   
Chicken, bacon, aged cheddar, smashed  
avocado, garlic aioli, arugula, with choice of side

**FRIED CHICKEN SANDWICH 20**  
Spiced fried chicken, pickle, bibb lettuce, thick  
cut tomato, potato bun, with choice of side

**MAC ‘N’ CHEESE 19**   
Bacon, caramelized onion, aged cheddar,  
with choice of side

**KOREAN BOWL 28**   
Soba noodle salad, radish, red onion, cabbage,  
cucumber & spicy green onion, carrot bacon,  
pulled mushroom & kimchi, with choice of protein

**CHEESEBURGER 20**   
Beef & pork patty, aged cheddar, red  
onion, iceberg lettuce, house burger sauce,  
with choice of side  
Add bacon 4     
Add extra patty 9  

**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

For parties of 8 or more, a pre-tax gratuity of 18% will be applied

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DIPS \$2.50

- KOREAN DIP  

TRUFFLE AÏOLI  

GREEN TAHINI  
- CREAMY GARLIC AÏOLI  

SPICY MARINARA  

HOT HONEY  

STONE BAKED PIZZA

SML LRG

<b>MVPIZZA</b> Seasonal inspiration. \$1 from each purchase goes to our monthly MVP employees	Please ask your server	
<b>SEOUL FOOD</b>  Gochujang marinara, Korean braised pork belly, Napa cabbage, scallions, crispy fried onion, garlic sesame crust	19	36
<b>PESTO CHICKEN</b> Pesto, mozza, chicken, roast asparagus, garlic, parm, chili	19	36
<b>HOGS &amp; KISSES</b>  Red sauce, mozza, bacon, pepperoni, roast garlic, honey, parm	20	37
<b>SUMMERTHyme</b>  Sundried tomato pesto, summer squash, heirloom tomato, red onion, fresh arugula, pistachio and thyme vinaigrette	18	35
<b>MARGHERITA</b> Red sauce, mozza, basil, garlic, EVOO	18	35
<b>CLASSIC PEPPERONI</b>  Red sauce, mozza, pepperoni, dried basil	18	35
<b>APPLE &amp; BACON</b>  White sauce, mozza, apple, bacon, caramelized onions, smoked cheddar, thyme, crispy sage	19	36
<b>MEAT MOUNTAIN</b>  Red sauce, mozza, pepperoni, bacon, fennel sausage, roasted red peppers, pickled hot peppers, basil	20	37
<b>BEE STING</b>  Red sauce, mozza, spicy salami, basil, honey, lemon ricotta, chili oil	19	36

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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