





SHARED PLATES

BUTCHER’S BOARD 26 
Charcuterie, fine cheese, house pickles,
mustard, house toast

CALAMARI 18  
Cocktail sauce, lemon, chorizo, chilies,
garlic aioli

MUSHROOM FLAT BREAD 22
Roasted mushroom, thyme, taleggio, arugula,
caramelized onion, truffle honey

BRUSSELS SPROUTS 17 
Crispy fried brussels sprouts, fresh chili,
scallion, apple, umami sauce, sesame seed


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

BREAD PLATE 17
Roasted beet butter, pepita, pome fruit &
caramelized onion chutney, hummus, cheesy
toast with za’atar

LOADED FRIES 15
Daily creation

SKINNY FRIES 11  
Kosher salt, thyme


SOUPS & SALADS

HEIRLOOM BEET SALAD 17 
Arugula, roasted beet, mandarin, pepita,
goat cheese, tahini yogurt







**QUINOA, CHICKPEA & BLACK
BEAN SALAD 16** 
Arugula, feta, lemon, roast jalapeño pesto,
scallions, crispy quinoa

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

SOUP & SALAD 18
Daily soup, choice of salad

ARUGULA & FENNEL SALAD 16 
Arugula, shaved fennel, sunflower seed, parm,
lemon, buttermilk dressing

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

ADD
Falafel with Tahini Yogurt **9** 
Korean-Style Tempeh **9**  
Chicken **11** 
Salmon **12** 
Braised Short Rib **13** 

MAINS


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



CHICKPEA SALAD SANDWICH 19
Smashed chickpea, turmeric dressing, red onion,
pickle, dill, with choice of side





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

**KOREAN FRIED CHICKEN
SANDWICH 20**
Pickled red onion, pickled carrot, cucumber,
sesame aioli, with choice of side

SHORT RIB ON A BUN 22
Pulled short rib, smoked cheddar, roasted red
pepper, mushroom, horseradish sour cream,
crispy fried onion, with choice of side

MAC ‘N’ CHEESE 20 
Bacon, caramelized onion, aged cheddar,
with choice of side

GRAIN BOWL 29  
Quinoa, kale, roasted broccoli & cauliflower with
dried fruit gastrique, soft boiled egg, roasted sweet
potato, miso, crispy chickpea, puffed wild rice, maple
tahini dressing, with choice of protein

CHEESEBURGER 21
Beef patty, aged cheddar, red onion, pickle, iceberg
lettuce, house burger sauce, with choice of side
Add bacon 4   
Add extra patty 9 

UMAMI BURGER 22
Beef 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

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

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

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BREAD BAR

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DIPS \$2.50

- KOREAN DIP  

TRUFFLE AÏOLI  

MAPLE TAHINI  

CREAMY GARLIC AÏOLI  
- BUTTERMILK RANCH 

SPICY MARINARA  

HOT HONEY  

STONE BAKED PIZZA

SML LRG

MVPIZZA		
Seasonal inspiration. \$1 from each purchase goes to our monthly MVP employees		Please ask your server
THE HULK 	21	39
Red sauce, mozza, kale, pepperoni, bacon, green olive, garlic, parm, hot sauce		
SWEET CHERRY PIE!	19	37
White sauce, mozza, cherry chutney, prosciutto, hazelnut, arugula, basil, mint		
PRINCESS PICKLE	19	37
White sauce, mozza, chicken, sweet pickle, dill, garlic, breadcrumb, chili flake, ranch		
MEAN BEAN 	18	35
White bean, roasted sweet potato, red onion, baby kale, maple tahini vinaigrette, fried sage, chili flake		
MISO SWEET 	18	35
Sweet potato & miso base, mushroom, scallion, roasted almond, pickled ginger, sage pesto		
MARGHERITA	18	35
Red sauce, mozza, basil, garlic, EVOO		
CLASSIC PEPPERONI 	18	35
Red sauce, mozza, pepperoni, dried basil		
APPLE & BACON 	19	37
White sauce, mozza, apple, bacon, caramelized onion, smoked cheddar, thyme, crispy sage		
MEAT MOUNTAIN 	21	39
Red sauce, mozza, pepperoni, bacon, fennel sausage, roasted red pepper, pickled hot pepper, basil		
BEE STING 	19	37
Red sauce, mozza, spicy salami, basil, honey, lemon ricotta, chili oil		

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!

Outside desserts are subject to a \$2 per person fee
For parties of 8 or more, a pre-tax gratuity of 18% will be applied