

SHARED PLATES

BUTCHER'S BOARD 26



Charcuterie, fine cheese, house pickles, mustard, house toast

MUSSELS 19

Butter, garlic, shallot, white wine, cream, herbs, house toast, garlic aïoli

CALAMARI 18 (A) (CA)



Cocktail sauce, lemon, chorizo, chilies, garlic aïoli

CREAMY HUMMUS 16 (%)



Crispy chickpea, lemon zest, parsley, za'atar spice, house toast

Add fresh veggies 4 (\$) (00) Add za'atar pita 4 😡

SKINNY FRIES 11 (A)

LOADED FRIES 15

BREAD PLATE 17

toast with za'atar

Daily creation



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, scallion, 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 (*)

MUSHROOM FLAT BREAD 22

caramelized onion, truffle honey

BRUSSELS SPROUTS 17 (%)

Crispy fried brussels sprouts, fresh chili,

scallion, apple, umami sauce, sesame seed

Roasted beet butter, pepita, pome fruit & caramelized onion chutney, hummus, cheesy

Roasted mushroom, thyme, taleggio, arugula,



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 🛞 😡





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 aïoli, red onion, scallion, with choice of side

KOREAN FRIED CHICKEN SANDWICH 20

Pickled red onion, pickled carrot, cucumber, sesame aioli, with choice of side

PASTRAMI SANDWICH 21

Marble rye bread, house-cured pastrami, sauerkraut, pickle, whole grain mustard, Swiss cheese, 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

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

MAC 'N' CHEESE 20 😭



Bacon, caramelized onion, aged cheddar, with choice of side

CHEESEBURGER 21

Beef patty, aged cheddar, red onion, pickle, iceberg lettuce, house burger sauce, with choice of side Add bacon 4 (\$) (1) (**) Add extra patty 9 (?)

UMAMI BURGER 22

Beef 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







🆒 dairy free

🤪 contains pork

WE CATER WE HAVE A FARM WE HAVE 3 COOKBOOKS



DIPS \$2.50

KOREAN DIP BUTTERMILK RANCH TRUFFLE AÏOLI SPICY MARINARA MAPLE TAHINI HOT HONEY CREAMY GARLIC AÏOLI

SML

LRG

STONE BAKED PIZZA

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

oo vegan



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contains pork

WE CATER
WE HAVE A FARM
WE HAVE 3 COOKBOOKS

Spice up your crust!

Add house-made everything bagel spice to any pizza for \$2

Red sauce, mozza, spicy salami, basil, honey, lemon ricotta, chili oil

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