



## LUNCH MENU - LIGHT SIDE

- SOUPE DU JOUR** CUP \$6.5 BOWL \$8.5  
EVER CHANGING, THIS IS CHEF'S CHOICE OF SEASONAL INGREDIENTS HAULED IN BY ALL THE AMAZING FARMERS WE KNOW
- SEAFOOD CHOWDER** CUP \$8.75 BOWL \$13  
FRESH HADDOCK, AND MUSSELS IN A HERBED CREAM BROTH WITH LOCAL POTATOES, CARROTS, AND ONION, SERVED WITH FRESH BREAD
- CAESAR SALAD** \$11.5  
ORGANIC ROMAINE WITH CREAMY IN-HOUSE DRESSING, OLIVE OIL CROSTINI, HOUSE SMOKED BACON, AND PARMESAN
- CHICK PEA TABOULEH** \$11  
MEDITERRANEAN FLAVOURED TABOULEH SALAD WITH CHICK PEAS, CUCUMBERS, TOMATOES, FRESH HERBS, LOCAL GREENS WITH A CITRUS VINAIGRETTE
- PORK BELLY** \$15  
BRAISED AND SEARED PORK BELLY ATOP FRESH ZUCCHINI LATKA CAKES TOPPED WITH A FRESH PICO DE GALLO
- 'DEM BREAD STICKS** \$15  
OUR CREAMY MIX OF 3 CHEESES SERVED WITH GRILLED FOCACCIA STICKS FOR DIPPING. ONE OF OUR FAVOURITES!
- WATERMELON GREEK SALAD** \$12.5  
WATERMELON, RED ONION, CUCUMBER AND TOMATOES TOSSED WITH AN OREGANO CREAMY AIOLI DRESSING
- BLACK TRUMPET CAKES** \$14.5  
FRIED RISOTTO CAKES FILLED WITH LOCALLY FORAGED BLACK TRUMPET MUSHROOMS AND PARMESAN, TOPPED WITH A CREAMY GARLIC DRIZZLE
- MUSSELS** \$12.5  
FRESH MUSSELS FROM PEI! CHOOSE WHITE WINE, SHALLOT, AND GARLIC, OR RED THAI CURRY

## LUNCH MENU - MAIN SIDE

### RUEBEN SANDWICH

\$17.5

SLOW-SMOKED BRISKET WITH HOT MUSTARD, LOCAL SAUERKRAUT, IN HOUSE RUSSIAN DRESSING WITH SWISS CHEESE ON A GRILLED POTATO BREAD, SERVED WITH MIXED GREEN SALAD, AND POTATO WEDGES

### SESAME SALMON SALAD

\$17

SESAME CRUSTED SUSTAINABLY RAISED SALMON FILET ATOP LOCAL ORGANIC GREENS, FRESH VEGETABLES AND DRESSED WITH A CITRUS VINAIGRETTE

### SMOKED CHICKEN CLUB

\$17

OUR IN-HOUSE SMOKED CHICKEN WITH CRANBERRY AIOLI, ASIAGO CHEESE, BACON ON FRESH SEVEN GRAIN BREAD, SERVED WITH MIXED GREEN SALAD, AND POTATO WEDGES

### VEGETABLE PESTO CALZONE

\$16

A PRESSED NAAN BREAD FILLED WITH SAUTEED VEGETABLES, PESTO, OLIVE OIL AND FRESH MOZZA. SERVED WITH A SIDE ORGANIC MIXED GREEN SALAD     ADD SMOKED CHICKEN - \$5

### HADDOCK BUN

\$16

PANKO CRUSTED HADDOCK BUN, TOPPED WITH OUR HOUSE TARTAR SAUCE, SERVED WITH A MIXED GREEN SALAD, AND POTATO WEDGES

### APPLE BRIE BACON PANINI

\$18

FOCACCIA BREAD PANINI PRESS FILLED WITH APPLES, BRIE, AND SMOKED BACON, SERVED WITH MIXED GREEN SALAD, AND POTATO WEDGES

### LAMB BURGER

\$20

LAMB PATTY TOPPED WITH GOAT CHEESE AND SPICY AIOLI , SERVED WITH MIXED GREEN SALAD AND POTATO WEDGES

### BURGERS – BEEF PATTY, SERVED WITH MIXED GREENS AND POTATO WEDGES

\$18

MORGAN – BRIE CHEESE, PICKLED JALAPENO, BACON AND SPICY AIOLI

CLEM – MUSHROOM, SWISS CHEESE, AIOLI, LETTUCE, TOMATO

ROB – PICKLED DAIKON, CABBAGE SLAW, CUCUMBER CHIP, AIOLI

MATT – MANCHEGO CHEESE, BACON, AIOLI, LETTUCE, TOMATO, SWEET RED ONION