

M E N U

TO START

- Seasonal Soups* 9
Made in house with fresh seasonal ingredients
- Summer Berry Salad* 12
Arugula | oranges | berries | blood orange dressing
toasted pumpkin seeds
- Garden Fresh Salad* 12
Summer greens | dill vinaigrette | John Russel
honey & bee pollen | sliced beets | pickled fennel
radishes
- Chef's Healthy Salad* 12
Summer greens | dill vinaigrette | pea puree | peas
crispy shallots | dried cranberries | brown & wild rice
mix

TO SHARE

- Mushroom Garlic Herb Confit* 16
Manitoba Trappist style cheese | 18-year-old
balsamic | Vancouver salt | garlic crostini
- Manitoba Bison Carpaccio* 24
Thinly sliced bison tenderloin carpaccio | house-
salt | chili-garlic oil | olives, capers & almonds
tossed in sumac | garlic aioli | pickled shallot | garlic
crostini
- Burrata with Tomato & Basil* 26
Bed of arugula | burrata | pesto | Greenland
tomatoes | balsamic glaze | herb garlic bread
- Chili Garlic Baked Brie* 22
Lingonberry chili-garlic jam | brie | jalapeño | garlic
crostini
- Cheese Board* 25
House preserve | house pickles | crackers
baguette
- Charcuterie Board* 25
House mustard | house pickles | crackers | baguette

BOWLS

- Add MB halal chicken or MB Bearcat
line-caught pickerel 9
- Vegan Quinoa Beet Bowl* 21
Pureed beet | sliced beets | beet powder | beet
hummus | arugula | balsamic dressing | alfalfa
cucumber slices | farmer's quinoa | walnuts
- Rejuvenate Spring Bowl* 21
Dill vinaigrette | umami seeds | brown & wild
rice mix | carrot-ginger puree | roasted radishes
pickled red cabbage | nutritional yeast | cucumbers
butterleaf | green peas | alfalfa | Chaeban feta

MAINS

- With your choice of soup or salad
- Croque Nordik* 24
Organic sourdough | Finnish mustard | Brandon
smoked ham | aged cheddar | Nordik bechamel
parmesan
- Bacon Mushroom Smoked Provolone Burger* 25
Angus beef | smoked provolone | bacon &
mushrooms | garlic aioli | spicy beer mustard
house pickles | butterleaf
- Chicken Feta Burger* 25
Brined halal chicken breast | Chaeban feta-parsley
pickled banana peppers | garlic aioli | alfalfa
brioche bun
- Tomato Sumac Angus Burger* 25
Angus beef | sumac tomato & parsley slaw
cheddar cheese | garlic aioli | spicy beer mustard
brioche bun
- MB Bearcat Pickerel Smørrebrød* 24
Pan-fried pickerel in rye caraway breading | toasted
sourdough | basil cream cheese | preserved lemon
pressure cooked mustard seeds | pickled shallots
- Greenland Smørrebrød* 23
Local Greenland Garden tomatoes | garlic aioli
Red Spring bakery toasted sourdough
Vancouver flake salt | microgreens

ENTREES

- Grilled MB French Pork Chop | Double* 28 | 34
House brined & grilled MB Berkshire pork chop
fire roasted red pepper sauce | mushroom pearl
barley | fresh apple salad | Chaeban feta | sauteed
broccolini & peas
- Pan-Seared MB Watersong Trout* 28
Pan-seared MB Watersong trout | saffron lemon
butter | white wine | white beans with fresh herb oil
asparagus | roasted radishes
- Nordik Roasted Game Hen* 28
Brined & sous-vide half game hen roasted for a
crisp skin | garlic smashed potatoes | grilled corn
asparagus | truffle butter | fine herb salad
- Vegan Farmer's Feast* 24
Farmer's quinoa | baby arugula | rosemary
peas | dill | stir-fried veggies in nutritional yeast
local Greenland tomatoes | mushrooms

PASTA SPECIAL

- Premium Italian pasta | herb garlic bread | lots of
love & creativity 25

Ask our artisans about the daily feature and refer to them for the list of ingredients before consumption.
May contain traces of nuts, gluten & dairy.