

# M E N U

## TO START

Add MB Pickerel, MB halal chicken or grilled halloumi

*Seasonal Soups* 9  
Made in house with fresh seasonal ingredients

*Wellness Salad* 12  
Mixed greens | white balsamic vinaigrette | roasted carrot puree radishes | shaved fresh beets | pumpkins seeds | bee pollen

*Nordik Goddess Salad* 12  
Baby arugula | goddess dressing | pecorino | crispy garlic | hemp hearts | radishes

## TO SHARE

Add MB Pickerel, MB halal chicken or grilled halloumi

*Manitoba Trout Tartare on a Cloud* 24  
Watersong MB Steelhead trout | essence of sesame | rice paper cloud | chili-garlic sauce | crunchy mustard seeds | nori dust preserved lemon | radishes

*Bison Carpaccio* 24  
Local MB bison tenderloin | lingonberry | crunchy mustard chili-garlic aioli | baby arugula | pickled shallots | garlic crostini Vancouver flaky salt

*Baked Brie* 22  
Danish Brie | walnuts | Qubec maple syrup | cranberries 18-year-old balsamic glaze | fresh apple | garlic crostini

*Mushroom Garlic Herb Confit* 16  
Mushrooms and garlic simmered in olive oil and herbs Trappist-style cheese | 18-year-old balsamic | Vancouver flaky salt | garlic crostini

*Cheese Board* 25  
Assortment of local Canadian cheeses | preserves | baguette pickles | crackers

*Charcuterie Board* 25  
Assortment of local Canadian cured meats | preserves baguette | pickles | crackers

## SANDWICHES

*Croque Nordik* 24  
Organic sourdough | Finnish mustard | Brandon smoked ham Bothwell aged cheddar | Nordik bechamel | parmesan

*Chicken Feta Burger* 25  
Brined halal chicken breast | Chaeban feta-parsley | pickled banana peppers | garlic aioli | alfalfa | brioche bun

*Bacon Mushroom Smoked Provolone Burger* 25  
Angus beef | smoked provolone | bacon & mushroom jam garlic aioli | spicy beer mustard | pickle chips | butterleaf brioche bun

*Elk Burger* 26  
Canadian elk | chili-garlic aioli | spicy beer mustard | Bothwell aged cheddar | butterleaf | red cabbage slaw | brioche bun

*Pickerel Smørrebrød with Smoked Watersong Trout* 24

Toasted Red Spring sour dough | caraway-rye breaded MB pickerel | crumbled smoked MB trout | whipped goat cheese preserved lemon | pickled shallots | crunchy mustard

*Vegan Roasted Seed Sandwich* 23  
Umami roasted seeds | toasted Red Spring sour dough bread beet root hummus | sliced beets | sliced cucumbers | alfalfa

## BOWLS

Add MB Pickerel, MB halal chicken or grilled halloumi

*Cozy Bowl* 22  
Chili roasted cauliflower | garlic fried cauli rice | pickled red cabbage | crispy parsnips | mixed greens | hemp oil | hemp hearts | beet hummus | shaved fresh beets | cucumbers | alfalfa

*Invigorate Bowl* 22  
Grilled halloumi cheese | mushroom quinoa | cheese chips roasted carrot puree | almonds | pickled shallots | mixed greens cucumbers | dill-caraway dressing | radishes | alfalfa

## ENTREES

*Braised Angus with Peanut-Annatto Jus* 28  
Braised Angus chuck | peanut-achiote demi | creamy herbed polenta | turnips | baby carrots | broccolini | pearl onions | fried garlic

*Canadian Cioppino* 28  
Mussels | clams | smoked trout | tomato wine broth baby potatoes | basil oil | nori dust | garlic bread

*Pan-Seared, Pickle-Brined Watersong Trout* 28  
Watersong MB Steelhead trout | pickle brine | garlic fried cauli rice | chili-garlic aioli | turnips | baby carrots | broccolini | pearl onions | pickles

*Manitoba Brick Chicken* 28  
Brined and press-fried Mb chicken leg | roasted garlic smashed potato bar | turnips | broccolini | baby carrots | pearl onions | chimichurri | roasted carrot puree

*Vegan Roasted Aubergine* 24  
Roasted eggplant | tomato sauce | cashew cheese | oat bechamel | turnips | broccolini | baby carrots | pearl onions mushroom quinoa | garlic baguette

## PASTA

*Black Garlic Pasta* 25  
Black garlic cream sauce | Rummo pasta | grilled MB halal chicken | confit mushrooms | parmesan | black garlic powder crispy garlic

*Pasta Special* 25  
Premium Italian pasta | herb garlic bread | lots of love & creativity

*Please refer to one of our artisans for the list of ingredients before consumption. Food products may contain traces of peanuts, gluten and dairy products.*