

# MENU

## TO START

Add MB Pickerel 9, MB halal chicken 9, or grilled halloumi 8

*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 9, MB halal chicken 9, or grilled halloumi 8

*Buratta with Greenland Tomatoes* 26  
Buratta cheese | marinated Greenland Garden tomatoes  
herb garlic bread

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

*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

With your choice of soup or salad

*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 | quick pickle  
chips | garlic aioli | alfalfa | brioche bun

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

*BBQ Bison Burger* 26  
Canadian bison | Thom Bergen BBQ sauce | Bothwell aged  
cheddar | chili-garlic aioli | apple slaw | butterleaf | MB tomato  
brioche bun

*Pickerel Smørrebrød with Smoked Char* 24  
Toasted Red Spring traditional rye | caraway-rye breaded MB  
pickerel | crumbled smoked MB arctic char | whipped goat  
cheese | preserved lemon | pickled shallots | crunchy mustard

*Roasted Seed Sandwich* 23  
Umami roasted seeds | toasted Red Spring sour dough bread  
whipped cream cheese | sliced beets | sliced cucumbers | alfalfa

## BOWLS

Add MB Pickerel 9, MB halal chicken 9, or grilled halloumi 8

*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 Salmon* 28  
Salmon fillet | | pickle brine | garlic fried cauli rice | chili-garlic  
aioli | turnips | baby carrots | broccolini | pearl onions | pickles

*Roasted Game hen* 30  
Brined and roasted game hen | roasted garlic | smashed  
potato bar | turnips | broccolini | baby carrots | pearl onions  
chimichurri | roasted carrot puree

*Vegan Garden Grilled Corgette* 26  
Char grilled zucchini | mushroom cauli fried "rice" | sunflower  
gremolata | smoked red lentil hummus | blistered MB tomatoes  
basil oil | soft herb salad

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

## FEATURE

*Ask Our Artisans About Today's Features*

*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.*