

M E N U

TO START

Add MB Pickerel 12, MB halal chicken 9, or grilled halloumi 9

Seasonal Soups 9
Made in house with fresh seasonal ingredients

Revitalize Salad 12
Tuscan lettuce | carrot & ginger dressing | Greenland garden Cucumbers & tomatoes | sunflower seeds | MB bee pollen

Strawberry Orange Salad 12
Baby arugula | Tuscan lettuce | Frescolio blood orange olive oil MB oats & wild rice | pecorino | crispy shallot | mint | strawberry

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

Manitoba Carpaccio 24
Local MB tenderloin | chili-garlic aioli | umami seeds crunchy mustard | micro greens | lemon | Vancouver flaky salt garlic crostini

Baked Brie 23
Danish Brie | strawberry | sesame seed | pink peppercorn traditional balsamic reduction | Vancouver flaky salt | garlic crostini

Mushroom Garlic Herb Confit 17
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

BOWLS

Add MB Pickerel 12, MB halal chicken 9, or grilled halloumi 9

Solace Bowl 23
Garlic fried cauli rice | Tuscan lettuce | MB Hemp | pickled red cabbage | roasted radish | cucumber | smokey red lentil hummus alfalfa | umami seeds | traditional balsamic

Energize Bowl 24
Grilled halloumi cheese | mushroom quinoa | arugula garlic fried croutons | pea puree | walnuts | radish | cucumber MB tomatoes | alfalfa | white balsamic vinaigrette

FEATURE

Ask Our Artisans About Today's Creations

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

SANDWICHES

With your choice of soup or salad

Croque Nordik 25
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 26
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 Bargaen espresso BBQ sauce Bothwell aged cheddar | spicy beer mustard | chili-garlic aioli apple slaw | butterleaf | MB tomato | brioche bun

Greenland Garden Smørrebrød 23
Grilled Red Spring sourdough | garlic aioli | Manitoba hothouse tomatoes | Vancouver salt | microgreens

Smoked Char Smørrebrød 25
Toasted Red Spring traditional rye | smoked char | whipped cream cheese | boiled egg | dill | pickled shallot | butterleaf crunchy mustard

Roasted Seed Smørrebrød 24
Umami roasted seeds | toasted Red Spring sour dough bread whipped cream cheese | sliced beets | sliced cucumbers | alfalfa

ENTREES

BBQ Shortribs 30
BBQ braised short rib | espresso BBQ sauce | garlic fried mushroom cauli rice | blistered MB tomatoes | grilled broccolini crispy shallots

Canadian Arctic Char 28
Pan seared Arctic char | black garlic | cauliflower-parsley puree | roasted cauliflower | pickled radish | dill | lemon

Roasted Game hen 30
Brined and roasted game hen | porcini compound butter smashed garlic potato bar | pea puree | MB honey glazed carrots | dill

Vegan Garden Grilled Courgette 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 26
Black garlic cream sauce | fresh pasta | grilled MB halal chicken confit mushrooms | parmesan | crispy garlic

À LA CARTE

MB garlic & herb Pickerel	12	Garlic toast	3.5
MB Halal Chicken	9	Bacon jam	4
Cheese or Charcuterie	5	Gluten Free toast	3.5
Grilled halloumi	9	Garlic crostini	3.5