

# MENU

## TO START

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

*Pecan Brown Butter-Balsamic Salad* 12  
Tuscan lettuce | brown butter balsamic | toasted pecans  
pickled shallots | pears

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

*Pretzel Bites* 18  
Warm pretzels | quickles | mushroom cheese dip

*Manitoba Carpaccio* 25  
Local MB tenderloin | Frescolio truffle oil | pickled shallots  
baby arugula | pine nuts | citrus aioli | Vancouver flaky salt  
garlic crostini | crispy shallots

*Baked Brie* 26  
Danish brie | sticky fig jam | pecan | pickled pears  
Vancouver flaky salt | garlic crostini

*Mushroom Garlic Herb Confit* 18  
Mushrooms and garlic simmered in olive oil and herbs  
trappist-style cheese | Barn Hammer stout vinegar  
Vancouver flaky salt | garlic crostini | crispy rosemary

*Cheese Board* 26  
Assortment of Canadian cheeses | John Russel Honey  
MB baguette | pickles | crackers

*Charcuterie Board* 26  
Assortment of Canadian cured meats | spicy beer mustard  
MB baguette | pickles | crackers

## BOWLS

*Warm Potato and Smoked Char Bowl* 26  
MB smoked char | Tuscan lettuce | hemp-stout malt  
vinaigrette | garlic roasted potatoes | pickled fennel | shaved  
radish | cucumber | poached egg | olives | sweet potato

*Beet Bowl* 26  
Beet hummus | mushroom quinoa | baby arugula | beet slices  
beet puree | pecans | radish | cucumber | beet powder | alfalfa  
hemp malt dressing | sumac roasted beets

## À LA CARTE

Arctic char or steelhead trout	12	Crispy bacon	3
MB Halal chicken	9	Gluten free toast	4
Cheese or charcuterie	5	Garlic crostini	3.5
Grilled halloumi	9	Warm potato salad	8
Garlic bread	4	Mushrooms	3.5

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.

## SANDWICHES

With your choice of soup or salad

*Croque Nordik* 25  
Organic sourdough | Finnish mustard | Brandon smoked ham  
smoked cheddar | Nordik bechamel | parmesan

*Chicken Feta Burger* 26  
Brined halal chicken breast | feta-parsley | zucchini slaw  
garlic aioli | alfalfa | brioche bun

*Bacon Smoked Cheddar Burger* 26  
Angus beef | smoked cheddar | bacon jam  
garlic aioli | spicy beer mustard | pickle chips | butterleaf  
brioche bun

*Beef Dip Sandwich* 26  
Braised CAB chuck | garlic aioli | Red Spring baguette  
stout au jus | pickled shallots | smoked cheddar | spicy beer  
mustard

*Cured Steelhead Trout* 28  
Toasted Red Spring Danish rye | citrus cured steelhead trout  
dill | spicy crunchy mustard aioli | sweetie drop peppers  
beet

*Vegetarian Mushroom and Roasted Seed Smørrebrød* 25  
Toasted Red Spring Sour Dough | mushroom confit | brown  
butter carrot spread | umami roasted seeds | mushroom cream  
cheese | crunchy mustard | Vancouver flaky salt | citrus oil

## ENTREES

*Vegan Garden Grilled Courgette in Ginger Coconut Sauce* 26  
grilled zucchini | mushroom quinoa | coconut ginger sauce  
beet hummus | roasted beets | crispy shallot

*MB Porkchop* Single/Double 32/41  
Frenched 7oz Canadian pork chop | sweet potato puree  
crunchy mustard maple glaze | roasted brussel sprouts  
crispy sage

*Wild West Steelhead Trout* 31  
pan seared 6oz trout | creamy mushroom naked risotto  
pumpkin seed romesco | roasted brussel sprouts | dill | lemon

*MB Game Hen Casoulet* 33  
brined and roasted game hen | cauliflower parsley puree  
pork belly cassoulet | porcini butter

*Black Garlic Pasta* 26  
Black garlic cream sauce | Nature's Farm pasta | grilled MB halal  
chicken | confit mushrooms | parmesan | crispy garlic

*Vegan Bolognese Fusili* 26  
Rummo fusili | crispy oyster mushroom | vegetable bolognese  
nutritional yeast | crispy garlic

## FEATURE

Ask Our Artisans About Today's Creations