

M E N U

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 27
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 27
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 vinaigrette
garlic roasted potatoes | pickled fennel | shaved radish |
cucumber | egg | olives | sweet potato

Beet Bowl 26
Beet hummus | mushroom quinoa | baby arugula | beet slices
beet puree | pecans | radish | cucumber | beet powder | alfalfa
hemp-stout vinaigrette | sumac roasted beets

À LA CARTE

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 27
Braised CAB chuck | garlic aioli | Red Spring baguette
beer au jus | pickled shallots | smoked cheddar | spicy beer
mustard | pickled mushrooms

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

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 Canadian pork chop | sweet potato puree
crunchy mustard maple glaze | roasted brussel sprouts
crispy sage

Wild West Steelhead Trout 31
pan seared trout | creamy mushroom naked risotto
pepita rouge sauce | roasted brussel sprouts | dill | lemon

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

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

Wellness Fusili 26
Rummo fusili | crispy oyster mushroom | san marzano braised
lentils | nutritional yeast | umami roasted seeds

FEATURE

Ask our artisans about today's creations