

# M E N U

## TO START

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

*Juicy Hygge Salad* 12  
baby arugula | beet pink peppercorn vinaigrette | red grape  
Chaeban feta | roasted sunflower | white balsamic

*Vegan Sunshine Salad* 12  
coconut-tumeric mousse | Fresh Forage greens | passionfruit  
vinaigrette | Manitoban hemp hearts | roasted chickpea |  
strawberries

*Scandinavian Pea Fritter* 18  
crispy pea fritter | alfalfa | herb aioli | aged balsamic glaze  
radish | nutritional yeast | unami roasted seeds

*Canadian Albacore Tuna Tataki* 27  
spice-rubbed albacore tuna | basil vinaigrette | dill | sweet drop  
peppers | Greenland Garden cucumber | radish | citrus flake salt

*Baked Brie* 26  
Danish brie | strawberry-rhubarb compote | John Russel honey  
juniper salt | pecan | gooseberries | garlic crostini

*Mushroom Garlic Herb Confit* 18  
mushrooms and garlic simmered in olive oil and herbs  
trappist-style cheese | 18-year-old aged balsamic  
Vancouver flake salt | crispy rosemary | garlic crostini

*Cheese Board* 27  
assortment of Canadian cheeses | John Russel Honey  
Manitoban baguette | pickles | crackers

*Charcuterie Board* 26  
assortment of Canadian cured meats | spicy beer mustard  
Manitoban baguette | pickles | crackers

## SANDWICHES

With your choice of soup or salad

*Croque Nordik* 25  
Red Spring toasted sourdough | Finnish mustard | Brandon  
smoked ham | smoked cheddar | Nordik bechamel | parmesan

*Beef Dip Sandwich* 27  
braised CAB chuck | garlic aioli | Red Spring baguette  
beer au jus | smoked cheddar | spicy beer mustard  
pickled mushrooms

*Lingonberry-Chevre Chicken Burger* 27  
Manitoban halal grilled chicken | lingonberry orange gastrique  
chevre spread | green apple slaw | alfalfa | toasted brioche bun

*Bacon Jam Burger* 28  
Angus beef | smoked cheddar | bacon jam | garlic aioli  
spicy beer mustard | pickle chips | lettuce | tomato | brioche bun

*Greenland Garden Tomato Smørrebrød* 27  
Red Spring toasted sourdough | Greenland Garden tomato  
chevre spread | jalapeno oil | aged balsamic | flake salt | Fresh  
Forage greens

*Smoked Char Smørrebrød* 28  
Manitoban smoked char | toasted Red Spring Danish rye |  
pumpkin seed romesco | herb aioli | dill | pickled shallots  
pepperoncini | citrus flake salt

## BOWLS

*Smoked Char Summer Niçoise Bowl* 28  
Manitoban smoked char | herbed potato salad | pickled shallots  
mixed greens | hemp vinaigrette | green beans  
Greenland Garden tomato & cucumber | mixed olives  
Nature's Farm egg | Vancouver flake salt | garlic oil

*Rejuvenate Bowl* 27  
passionfruit vinaigrette | green pea puree | baby arugula  
Naked and Wild rice | grilled halloumi | pecans  
roasted chickpeas | Greenland cucumbers & tomatoes  
pickled radish | Vancouver flake salt

## ENTREES

*Farmer's Sweet Potato Feast* 28  
roasted sweet potato | sauteed green bean & radish | Naked and  
Wild rice blend | Greenland Garden tomato | roasted chickpea  
arugula | tahini citrus dressing | dill | nutritional yeast

*Chicken Supreme with Beluga Lentils* 29  
bone-in halal chicken breast | toasted 5-spice blend  
garlic beluga lentils with Greenland Garden tomato  
pumpkin seed romesco | baby carrots | pea puree

*Pork Belly Apple Cabbage Slaw* 29  
MB Berkshire pork belly with malt glaze | Naked and Wild lemon  
risotto | green beans | green apple cabbage slaw | herb oil  
crispy rosemary

*Pan-Fried Pickerel with Pureed Corn* 30  
pan-fried, skin-on Lake Winnipeg pickerel | smoky corn puree  
pickled radish | charred shallot | roasted potatoes | sauce virge

*Black Garlic Pasta* 28  
black garlic cream sauce | Nature's Farm pasta | grilled  
Manitoban halal chicken | confit mushrooms | parmesan  
crispy garlic | Red Spring garlic bread

## À LA CARTE

Crispy skin-on pickerel	13	Crispy bacon	3
Sticky pork belly	10	Cheese or charcuterie	5
MB Halal chicken	9	Gluten free toast	4
Grilled halloumi	9	Garlic crostini	3.5
Bacon jam	4	Garlic bread	4
Tomatoes & aged balsamic	6	Confit 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.

## FEATURE

*Ask Our Artisans About Today's Creations*