

M E N U

TO START

<i>Seasonal Soup</i>	9
Made in house with fresh seasonal ingredients	
<i>Prairie Salad</i>	12
spring mix beet dressing white balsamic tri-color quinoa dried blueberries toasted pistachios	
<i>Roquette Salad</i>	12
arugula brown-butter balsamic green apples pickled shallots pecans	
<i>Baked Brie</i>	26
Danish brie brown-butter pear compote juniper salt pistachios dried blueberries blood orange oil crispy rosemary	
<i>Mushroom Garlic Herb Confit</i>	18
mushrooms and garlic simmered in olive oil and herbs Trappist-style cheese 18-year-old aged balsamic Vancouver flakey salt crispy rosemary Manitoba crostini	
<i>Manitoba Carpaccio</i>	26
Manitoban Carpaccio brandy-soaked cherries aioli pickled shallot pistachio juniper salt Chelsea's crunchy mustard blood orange oil	
<i>Pretzel Bites</i>	18
soft mini pretzels mushroom-cheese dip quickles	
<i>Cheese Board</i>	28
assortment of Canadian cheeses John Russell Honey Manitoban baguette pickles crackers	
<i>Charcuterie Board</i>	27
assortment of Canadian cured meats spicy beer mustard Manitoban baguette pickles crackers	
<i>Smörgås-Board</i>	27
assortment of local grilled sausages pickles spicy beer mustard chimichurri grilled Red Spring sourdough sauerkraut	

BOWLS

<i>Winter Bliss Bowl</i>	27
tri-color quinoa salad shaved marinated beets roasted baby carrots crumbled feta Nordik slaw alfalfa pomegranate glaze pecans	
<i>Vegan Relaxation Bowl</i>	27
jackfruit stew harvest tri-color quinoa roasted parsnip arugula pickled shallot viniagrette broccolini	

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 peanuts, gluten and dairy products.

SANDWICHES

With your choice of soup or salad

<i>Croque Nordik</i>	27
Red Spring toasted sourdough Finnish mustard Brandon smoked ham smoked cheddar Nordik bechamel parmesan	
<i>Beef Dip Sandwich</i>	28
braised CAB chuck Red Spring baguette beer au jus smoked provolone mustard aioli quickle chips	
<i>Nourish Chicken Burger</i>	28
Manitoban halal grilled chicken fig jam feta parsley Nordik slaw aioli toasted brioche bun alfalfa	
<i>Thermëa Angus Burger</i>	27
6oz local Angus patty smoked cheddar pickled shallots crispy shallots caramelized onion lettuce Finnish mustard garlic aioli toasted brioche bun	
<i>Great Plains Bison Burger</i>	28
6oz local bison patty elk bacon Bothwell aged cheddar caramelized onion mustard aioli lettuce toasted brioche bun quickle chips	
<i>Smoked Char Smørrebrød</i>	29
smoked Arctic char Red Spring dark rye bread pesto capers cucumber blood orange oil sweetie drop peppers dill	

ENTREES

<i>Bison Striploin</i>	33
sous vide bison striploin & seared on the grill squash puree roasted fingerling potato green peppercorn au jus broccolini parsnips	
<i>King Salmon Risotto</i>	32
pan-fried organic king salmon chorizo-saffron risotto herb oil crispy shallots Fresh Forage greens parmesan	
<i>Turkey Bolognese</i>	27
lean turkey Bolognese Nature's Farm pasta garlic-chili oil Red Spring garlic bread crispy sage Pecorino cheese	
<i>Black Garlic Pasta</i>	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

Grilled sausage	6	Crispy bacon	3
Garlic bread	4	Cheese or charcuterie	5
MB Halal chicken	9	Gluten free toast	4
Grilled halloumi	9	Garlic crostini	3.5
Confit mushrooms	3		