

# M E N U

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## TO START

<i>Seasonal Soups</i> made in house with fresh seasonal ingredients	9
<i>Sunshine Salad</i> GF V passionfruit dressing   spring greens   MB crumbled goat cheese   strawberries   hemp hearts	12
<i>Blueberry Kale Salad by Whitby's Chef Ross</i> GF V V+ baby kale   dried blueberries   Frescolio strawberry balsamic   toasted almonds   radish   crispy rosemary	12
<i>Sun-Kissed Manitoba Carpaccio</i> DF MB tenderloin   citrus-chili aioli   pickled red onion   Vancouver flaky salt   garlic crostini red chili garlic crisp   microgreens	26
<i>Roasted Pepper Jam Baked Brie</i> Danish Brie   red pepper jam   sunflower seeds   Frescolio bacon infused olive oil   strawberries Vancouver flaky salt   garlic crostini	28
<i>Mushroom Garlic Herb Confit</i> V mushrooms and garlic olive oil confit   Trappist-style cheese   Frescolio 18-yr old balsamic   crispy rosemary Vancouver flaky salt   garlic crostini	19
<i>Pretzel Bites</i> V savory soft pretzels   mushroom cheese dip   house quickle   Vancouver flaky salt	18
<i>Smorgas Board</i> DF Waldner sausages   house spicy mustard   grilled Friend Bakery sourdough   pickles   sauerkraut   chipotle chimichurri	27
<i>Cheese Board</i> V assortment of Canadian cheeses   John Russell honey   baguette   pickles   crackers add cheese or charcuterie 5	29
<i>Charcuterie Board</i> DF assortment of local Canadian cured meats   house mustard   baguette   pickles   crackers add cheese or charcuterie 5	27
<b>B O W L S</b>	
<i>Burrata Bowl</i> V burrata cheese   sunflower & spring greens   Greenland Garden tomatoes   puffed MB wild rice   basil vinaigrette   Frescolio strawberry aged balsamic   Vancouver flaky salt   Friend Bakery grilled sourdough	29
<i>Smoked Aubergine Bowl</i> V V+ DF roasted eggplant baba ghanoush   garlic oil   chickpea salad   carrots   Greenland Garden tomatoes & cucumbers   radish   pickled red onion   Friend Bakery grilled sourdough	27
<i>Garden Fresh Bowl</i> GF DF V V+ baby kale   grilled corn   oranges   chickpea salad   Frescolio white balsamic   mint   pepitas   beet hummus Greenland Garden tomatoes & cucumber	27

GF Gluten Free | DF Dairy Free | V Vegetarian | V+ Vegan

Please advise us of all food allergies and dietary preferences upon ordering.

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## SANDWICHES

with your choice of soup or salad

<i>Croque Nordik</i>	28
Friend bakery sourdough   Finnish mustard   Waldner smoked ham   Bothwell smoked cheddar Nordik bechamel   parmesan   microgreens	
<i>Raspberry Juniper Chicken Burger</i>	28
MB Halal brined chicken breast   Chaeban feta   parsley   raspberry-juniper spread citrus-chili aioli   pickled red onion   alfalfa   toasted brioche bun	
<i>Angus Jalapeño Cheese Burger</i>	28
Angus beef 6oz patty   jalapeño cheese sauce   Greenland Garden tomato   garlic aioli greenleaf lettuce   quickle   toasted brioche bun	
<i>Nordik Beef Dip</i>	28
certified angus shredded chuck   grainy mustard aioli   pickled red onion   smoked cheddar Friend bakery baguette   au jus	
<i>Candied Salmon Smørrebrød</i>	29
Friend bakery toasted sourdough   candied king salmon   citrus whipped ricotta black sesame seeds   pickled red onion   dill	
<i>Za'atar Pesto and Tomato Smørrebrød v</i>	27
Friend bakery sourdough   Greenland Garden roasted cherry tomatoes   Greenland Garden cucumbers crispy garlic   za'atar blend   pesto   Vancouver flaky salt	

## ENTREES

<i>Ridgeland MB Trout</i> GF	33
pan-seared local trout   Greenland Garden cherry tomato   basil   chorizo pan sauce   shaved fennel & zucchini sherry mustard vinaigrette	
<i>8oz Striploin Steak by Chelsea's Chef Arseneau</i> GF	40
certified angus striploin   chipotle chimichurri   fingerling herb potato Greenland Garden blistered tomatoes   fresh horseradish aioli	
<i>Miso Broiled Aubergine</i> GF DF V V+	30
sesame crusted eggplant   miso marinade   peanut lime sauce   bean salad	
<i>Double Smoked Bacon Pesto Pasta</i>	30
pesto cream   Nature's Farm pappardelle pasta   parmesan   crispy lardons Greenland Garden tomatoes   garlic herb bread	
<i>Black Garlic Pasta</i>	30
black garlic cream   confit mushrooms   Nature's Farm pappardelle pasta parmesan   crispy garlic   MB Halal grilled chicken   garlic herb bread	

## ENHANCE YOUR DISH

double smoked bacon	6	garlic toast	3.5	crispy bacon	3
MB Halal chicken	9	candied salmon bites 2oz	12	grilled sausage	6
grilled halloumi	9	confit Mushrooms	3.5	4oz CAB steak	13

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