

# M E N U

## TO START

### *Seasonal Soups* 9

Made in house with fresh seasonal ingredients.

### *Maple Sunflower Pear Salad* GF, DF, V, V+ 13

Mixed Greens | Maple Apple Vinaigrette | Savoury Sunflower Seeds | Puffed Wild Rice | Shaved Pear + Candy Cane Beets

### *Green Goddess Salad* GF, V 13

Roquette | Green Goddess Dressing | Grated Manchego Cheese | Shaved Radish | Fried Garlic + MB Hemp Hearts

### *Baked Brie* V 28

Danish Brie | Brown Butter Apricot Jam | Pickled Cranberries | Soy Roasted Pumpkin Seeds | Vancouver Flakey Salt | Crispy Sage | Frescolio Blood Orange Oil | Garlic Toasties

### *Antipasto Platter* 35

Local / Imported cheeses + cured meats | Mixed Olives + Pickles | Spicy Beer Mustard | Friend Bakery Baguette + Super Seed Crackers

### *Bison Meat Ball* 23

Local Bison Meatball Prepared In-House | Brown Butter Ricotta | Romesco Sauce | Basil | Frescolio Basil Jalapeno Oil | Vancouver Flakey Salt | Friend Bakery Sourdough

### *Wild Mushroom Confit* V 21

Oyster Mushroom + Cremini Mushroom Confit in Herbs + Oil | Truffled Oka Cheese | Frescolio 18-year-old aged Balsamic | Fried Rosemary | Flakey Salt | Garlic Toasties

### *Venison Tartare* 29

Farm Raised Canadian Venison | Pumpkin Seeds | Pickled Cranberries | Herb Oil | Juniper Salt | Fried Shallots | Egg Yolk Emulsion | Friend Bakery Sourdough | Fresh Forage Sorrel | Manchego Cheese

### *Pretzel Bites* 18

Savoury, Salted + Soft Pretzel Bites | Mushroom Cheese Dip | Quickles

### *Smörgas-Board* 30

Selection of Waldner Meats Sausages | Spicy Beer Mustard | Pickles | Verde Sauce | Sauerkraut | Buttered + Salted Pretzel Bites

## BOWLS

Enhance your bowl with [MB Halal Chicken](#) | [Garlic Baquette](#) | [Confit Mushrooms](#) | [Local Brazilian Tuma Cheese Grilled](#)

### *Lentil Power Bowl by Whitby's Chef Ross* GF, DF, V, V+ 28

French Lentils | Roasted Walnut Dressing | Sumac Charred Red Cabbage with Aged Balsamic | Zucchini Salad | Pickled Radish | Kale Chips | Fresh Pear | Hemp Hearts | Fresh Forage Mixed Micro Greens

### *Grilled Tuma Cheese Couscous Bowl* V 29

Israel couscous | Tahini Dressing | Zaatar Roasted Beets | Shaved Fennel + Candy Cane Beets | Harissa Paste | Pickled Red Onion | Vancouver Flakey Salt | Fresh Forage Mixed Micro Greens | Winnipeg Grilled Tuma Cheese

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

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

gluten free bread options 5.5

# M E N U

## SANDWICHES

With your choice of soup, Green Goddess Salad or Maple Sunflower Pear Salad

### *Croque Nordik* 29

Friend Bakery Sourdough | Finnish Mustard | Waldner Smoked Ham | Smoked Provolone | Nordik Bechamel | Parmesan

### *Chicken Burger* 29

MB Halal brined Chicken Breast | Parsley Feta | Zucchini Slaw | Garlic Aioli | Alfalfa | Toasted Brioche Bun

### *Mighty Angus Burger* 30

6oz Angus Patty | Thick Cut Bacon | Smoked Provolone | Black Garlic Aioli | De Burger Sauce | Shredded Iceberg | Quickle Chips  
Toasted Brioche Bun

### *Nordik Beef Dip* 29

CAB Roast | Grainy Mustard Aioli | Swiss Cheese | Pickled Red Onion | Friend Bakery Baguette | Stout Au Jus

### *Candied King Salmon Smørrebrød* 30

Friend Bakery Danish Rye | Maple Smoked King Salmon | Whipped Ricotta | Hemp Hearts | Dill | Vancouver Flakey Salt  
Pickled Radish

## ENTRÉES

### *Icelandic Lingcod*<sup>GF</sup> 36

Canadian Sourced Icelandic Lingcod | Trout Roe Chive Beurre Blanc | Fennel + Raddicho Salad | Dijon Vinaigrette | Leek Terrine +  
Lapsang Souchong Dust

### *Winkler Berkshire Pork Chop* 38

12oz French Winkler Berkshire Pork Chop | Roasted Pear Demi | Pave Raclette Potato

### *Black Garlic Short Rib Pasta* 33

Braised Short Rib | Nature's Farm Paradelle Pasta | Sauce Verde | Confit Mixed Mushrooms | Fried Shallots | Feta Parsley | Friend  
Bakery Garlic Bread

### *Miso Roasted Celeriac Steak*<sup>DF, GF, V, V+</sup> 29

Celery Root Miso Steak | Braised Jumbo Lima Bean with Fennel Leek Soffrito | Romesco Sauce | Fried Kale Chip | Fresh Forage Sorrel

### *Waldner Meats Chicken Schnitzel* 35

Crispy MB Halal Chicken Cutlet | Local Wild Rice Leek Pilaf | Finnish Mustard Butter Sauce | Roquette + Manchego Cheese

## ENHANCE YOUR DISH

MB Halal Chicken	9	Garlic Baquette	5	Crispy Bacon	3.5
Candied King Salmon Bites	11	Grilled Waldner Sausage	6	Local Brazilian Tuma Cheese Grilled	11
Side Garlic Toasties	3.5	Confit Mushrooms	4	Grated Manchego	2

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