

light fare



mains

roast chicken & pesto sandwich

Pasture Hill free-range chicken, organic spinach walnut pesto, raisin aioli, apple, cucumber

14.5

seitan sandwich (VO)

Big Life Whole Foods seitan, sautéed mushrooms, onions, cheddar, organic greens, tomato, cashew 'sour cream'

17

monkey pita

Pasture Hill free-range chicken, mushrooms, onions, bell peppers, mozzarella, organic greens, tomato, mayo

15

add bacon 2.5

lentil burger (VO)

housemade veggie burger, tomato, organic greens, sweet onion honey mustard

14.5

lamb burger

5oz *Northumberland* lamb burger, organic greens, tomato, minted goat cheese, mayo

17

pulled pork beef burger

5oz NS grass fed beef burger, *Meadowbrook* BBQ pulled pork, smoked cheddar, sweet potato crisps, organic greens, tomato, pickles, spicy mayo

16.5

add sautéed mushrooms 1.5

fish & roasties

line caught haddock, *Schoolhouse* gluten free maple flax breading, cider slaw, housemade tartar

16

seafood chowder

chowder with coconut milk, sweet potato, basil, haddock, scallops, lobster, mussels

22

all sandwiches/ burgers served with roasties
substitute soup or salad or 1/2 salad 1/2 roasties 3

wheat free rice bun 2 / roasted sweet potato 2

braised beef

slow cooked NS grass fed beef, red wine reduction, mushrooms, mashed potato, seasonal vegetable

27

chorizo & goat cheese pasta

Sweet Williams chorizo, goat cheese, red pepper, onion, fresh basil, housemade tomato sauce

22

rice bowl (V)

organic brown rice, tofu, mixed vegetables, *Acadian Seaplant* pink hana, almonds, cashews, seeds, pickled ginger, sesame tamari sauce

19

add chicken 5 / add scallops 6.75

vegetable curry (V)

vegetables, mushrooms, onions, toasted quinoa, raisins, coconut curry sauce, cashew 'sour cream' sweet potato curls, cilantro

23

add chicken 5 / add scallops 6.75

sesame crusted haddock

line caught haddock, organic orange reduction, organic brown rice, seasonal vegetable

25

cajun haddock

line caught haddock, dry spice rub, warm housemade salsa, choice of starch, seasonal vegetable

25

scallop pasta

local scallops, roasted garlic, sun-dried tomatoes, mushrooms, onions, basil pesto, cream, organic quinoa/rice noodles, parmesan

27

nova scotia salmon

Sustainable Blue land based salmon, maple bacon glaze, mashed potato, seasonal vegetable

27

starch - organic brown rice, mashed, roasted sweet potato