

## soup & salads

### soup of the day

bread or organic corn chips

**6.5**

### sweet apple salad (VO)

organic greens, apple, carrot, daikon, green onions, goat cheese & walnuts, maple mustard dressing

**8/13**

### beet salad (VO)

slow roasted beets, organic greens, Holmestead feta, chia, flax & hemp seeds, walnuts, NS berry vinaigrette

**8/13**

### roasted chickpea salad (V)

chickpeas, organic brown rice, peppers, almonds, raisins, seeds, daikon, dulce, green onion, organic corn chips, tahini umeboshi dressing

**8/13**

*4oz scallops* 7.5

*5oz organic tofu* 5

*2oz pulled NS chicken* 4

## gourmet pizza

### three cheese

olive oil basil, tomato sauce, mozzarella, cheddar, parmesan

9" 15 / 12" 19 / rice 9" 17

### veggie (VO)

olive oil basil, tomato sauce, spinach, onions, mushrooms, tomatoes, olives, mozzarella, goat cheese

9" 16 / 12" 20 / rice 9" 18



### spicy nappa tacos (V)

nappa wrapped sun-dried tomato, walnut mushroom 'meat', housemade salsa, cashew 'sour cream', guacamole

one 6.5 / two 12 / three 16

### monkey bruscetta (VO)

diced tomato, basil, garlic, extra virgin olive oil, feta and parmesan, balsamic reduction, housemade focaccia

**11.5**

### nachos (VO)

organic blue chips, onions, peppers, jalapenos, tomatoes, olives, mozzarella, white cheddar, sour cream & salsa

**15**

*vegan cheese* 1.5

*ground beef* 3

*pulled pork* 3

*guacamole* 3

## starters

maritime mussels steamed in daily selection (ask your server)

**11**

### bacon wrapped scallops

local scallops, Meadowbrook bacon, cider vinegar slaw, Propeller root beer reduction

**17**

### fish cakes

haddock, salmon, potato, green onions, garlic, rice flour, cider vinegar slaw, lemon dulce aioli

**12**

*add salad/roasties* 3

### dips

- red pepper feta, goat cheese with pita
- sweet potato dip, organic corn chips (V)
- caramelized onion with spelt crostini

one 6.5 / two 12 / three 16

### bbq chicken

olive oil basil, bbq sauce, chicken, peppers, onions, mozzarella, goat cheese

9" 17 / 12" 21 / rice 9" 19

### meat lovers

olive oil basil, tomato sauce, bacon, ground beef, sausage, mushrooms, mozzarella, parmesan

9" 17 / 12" 21 / rice 9" 19

*vegan cheese* 9" 1.25 - 12" 2 / *chicken* 4 / *chorizo, pulled pork, beef, bacon* 2.5 / *vegetable* 1

*please speak with your server about any food allergies, sensitivities or dietary restrictions*  
V - Vegan VO - Vegan Option