

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, dulse, green onion, organic corn chips, tahini umeboshi dressing

8/13

4oz scallops 7.5

5oz organic tofu 4

2oz pulled NS chicken 5

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

11.75

nachos (VO)

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

15.50

vegan cheese 1.5

pulled pork 3

ground beef 3

guacamole 3

starters

maritime mussels

steamed in daily selection (ask your server)

11.25

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 dulse aioli

12.25

add salad, roasties or sweet potatoes 3

dips

served with corn chips or pita wedges

• red pepper feta & goat cheese

• caramelized onion

• guacamole

one 6.75 / two 12.25 / three 16.25

bbq chicken

olive oil basil, bbq sauce, chicken, peppers, onions, mozzarella, goat cheese
9" 17 / 12" 21 / rice 9" 19

pulled pork

olive oil basil, bbq sauce, *Meadowbrook* pulled pork, caramelized onion, mushrooms, scallions, mozzarella
9" 17 / 12" 21 / rice 9" 19
add jalapenos 1

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