

light fare



roast chicken & pesto sandwich

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

14.75

seitan sandwich (VO)

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

17.25

monkey pita

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

15.25

add bacon **2.5**

lentil burger (V)

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

14.75

lamb burger

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

17.25

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

17.25

add sautéed mushrooms **1.5**

fish & roasties

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

16.50

seafood chowder

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

22.50

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

mains

braised beef

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

27

chorizo & goat cheese pasta

Meadowbrook chorizo, goat cheese bell peppers, red onion, fresh basil, spicy tomato sauce, garlic foccacia toast

22

rice bowl (V)

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

18

add chicken **4** / add scallops **6.75**

add tofu **3**

NEW vegetable curry (V)

mixed vegetables, mushrooms & onions, tomato & coconut sauce, garlic, ginger & tamarind, garnished with toasted nuts, fresh cilantro

22

add chicken **4** / add scallops **6.75**

add tofu **3**

sesame crusted haddock

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

25

cajun haddock

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

25

scallop pasta

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

27

nova scotia salmon

closed containment land based salmon, maple bacon glaze, mashed potato, seasonal vegetables

27

wheat free rice bun **2** roasted sweet potatoes **3**

starch choices - organic brown rice,
mashed potato, roasted sweet potatoes