

## 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**