

## soup & salads

### soup of the day

bread or organic corn chips

**6.75**

### sweet apple salad (VO)

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

**8/13.5**

### beet salad (VO)

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

**8/13.5**

### roasted chickpea salad (V)

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

**8/13.5**

**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" 20 / rice 9" 17**

### veggie (VO)

olive oil basil, tomato sauce,  
spinach, onions, mushrooms,  
tomatoes, olives,  
mozzarella, goat cheese  
**9" 16 / 12" 21 / rice 9" 18**



### spicy nappa tacos (V)

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

**one 6.75 / two 12.25 / three 16.25**

### monkey bruscetta (VO)

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

**12.25**

### nachos (VO)

organic blue chips, onions,  
peppers, jalapenos, toma-  
toes, olives, mozzarella,  
white cheddar, sour cream  
& salsa

**16**

**vegan cheese 1.5**

**pulled pork 3**

**ground beef 3**

**guacamole 3**

## starters

### maritime mussels

steamed in daily selection  
(ask your server)

**11.75**

### bacon wrapped scallops

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

**17.25**

### fish cakes

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

**12.25**

**add salad, roasties  
or sweet potatoes 3.50**

### 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" 22 / rice 9" 19**

### meat lovers

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

**9" 17 / 12" 22 / 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**