

The Wooden Monkey

A Restaurant with a Conscience

Soup & Salads

Soup of the Day - served with house made foccacia or blue cornbread **\$6.85**

Sweet Apple Salad VO|GF|D|N

organic greens, apple, carrot, daikon, green onion, goat cheese & walnuts, with housemade mustard maple dressing **\$8 | \$13.50**

Roasted Chickpea Salad V|GF|N

chickpeas, organic brown rice, peppers, almonds, raisins, seeds, daikon, dulse, green onion, housemade tahini umeboshi dressing, served with organic blue corn chips **\$8 | \$13.50**

Kale Caesar GFO|D

local kale, housemade caesar dressing, all natural *Meadowbrook* bacon, housemade croutons, parmesan & fresh lemon **\$8 | \$13.50**

add to any salad:

3 oz. seared organic tofu **\$4**

2 oz. pulled chicken **\$5**

4 oz. scallops **\$7.50**

Shareables

Bruschetta VO|D

tomato, onion, garlic, basil & olive oil, parmesan and feta, baked on housemade focaccia, with balsamic reduction **4 pcs \$12.50 • 6 pcs \$17**

Garlic Fingers VO|GFO|D

garlic and basil spread, vegan or regular mozza with a housemade sweet coconut sauce

9" - \$15 \$12" - \$20 9" Rice crust - \$17

Korean Pork Tacos GFO | S

organic wheat tortilla, ginger & chili marinated pork loin, kimchi, plum compote, sesame crema

* (gluten free option on nappa cabbage when available) *

2 for \$11 • 4 for \$19

Bacon Wrapped Scallops GF

5 large Digby Scallops, wrapped in all natural *Meadowbrook* bacon, seared and served with a *Propeller* root beer reduction & cider slaw **\$17.25**

Charcuterie Board D|GFO|N

selection of cured meats, local and/or Quebec cheeses, fresh fruit, local haskap jam, with accoutrement **\$24.50**

Nachos VO|GF|D

organic blue corn chips, onions, tomatoes, peppers, jalapenos, olives, mozza and cheddar

sour cream & salsa **\$16.50** (sub vegan cheese **\$1.25**)

Add → beef **\$2.50** | guac^V **\$3** | goat cheese **\$2**

Dips GFO

served with crudité, pita and corn chips

→ Red Pepper Feta^D → Caramelized Onion^D → Guacamole^{GF|V}

Single Dip \$6.75 • Two dips \$12.50 • Three dips \$16.50

extra crudité / pita / corn chips **\$1.50**

MENU GUIDE - prior to ordering please speak to your server about any food intolerances

Vegan = ^V Vegan Option = ^{VO} Gluten Free = ^{GF} Gluten Free Option = ^{GFO}

Contains Soy (organic) = ^S Contains Dairy = ^D Contains Nuts = ^N

Extra Mayo / Aioli **\$1** Big Life Pita / Organic Blue Corn Chips **\$1** Focaccia or Blue Cornbread with butter **\$1.50**

Plate alterations subject to extra charge **\$1 | \$2 | \$3 | \$4**