

Light Fare

LIGHT FARE served with **ROASTIES OR SUBSTITUTE YOUR SIDE** for **\$3.75**

SUBSTITUTIONS: SOUP, SWEET POTATO, SIDE SALAD or 1/2 SALAD & 1/2 ROASTIES

Our Pitas and Pizza Crusts are supplied by **BIG LIFE WHOLE FOODS**

SUBSTITUTE A WHEAT FREE **BIG LIFE RICE BUN** \$2 ^{GF}

SUBSTITUTE A GF **SCHOOLHOUSE BUN (contains egg & dairy)** \$2 ^{GF}

Monkey Pita ^D

free-range chicken from *Pasture Hill*, roasted onions, mushrooms & peppers, lettuce, tomato, mayo & melted mozzarella **\$15.25**

Add → 2 Strips of Bacon **\$2.50**

Lamb Burger ^D

grilled 5oz. patty from *Northumberlamb* with garlic, oats & rosemary, topped with minted goat cheese, lettuce, tomato & mayo, served on an organic *Stonehearth* bun **\$17.50**

Roast Chicken & Pesto Sandwich ^N

free-range chicken from *Pasture Hill*, spinach walnut pesto, raisin garlic aioli, fresh cut apple and cucumber, on an organic 5-grain pita **\$15.25**

Fish & Roasties ^{D|GF}

line caught haddock breaded with *Schoolhouse* gluten free bread crumbs, served with cider slaw and house made tartar sauce **\$16.75**

Fish Cakes ^D

2 potato-based fish cakes made with haddock and salmon, served with lemon dulse aioli, roasties, and choice of 1/2 salad **\$16**

Seitan Sandwich ^{VO|D}

marinated and sliced *Big Life* seitan, sautéed mushrooms & onions, lettuce, tomato, melted cheddar, choice of mayo or Dijon **\$17.25**

Bacon Cheese Burger ^D

5 oz. grass-fed beef burger, cheddar, caramelized onions, bacon, lettuce, tomato, dill pickle, spicy mayo on an organic *Stonehearth* bun **\$17.50**

Add → sautéed mushrooms **\$2**

Lentil Burger ^V

lentil patty with oats, miso, carrot, daikon, tomato, lettuce, served on an organic 5-grain pita with housemade agave onion dressing **\$15.25**

Add cheese → cheddar or vegan **\$1.25** goat **\$2**

Gourmet Pizzas ^{VO|S|D}

All pizzas served with an olive oil basil spread & a base layer of mozzarella cheese

Pizzas served with an herbed tomato sauce (unless otherwise stated)

PLEASE NOTE: WE CONSIDER OUR RICE PIZZA CRUSTS TO BE GLUTEN FREE, HOWEVER THEY ARE PRODUCED IN A FACILITY THAT PRODUCES WHEAT ** MAY NOT BE SUITABLE FOR CELIAC **

	9"	12"	Rice 9" ^{GF}
Three Cheese - mozzarella, white cheddar, parmesan	\$15	\$20	\$17
Garlic Fingers - garlic & basil spread, regular or vegan mozza, coconut sauce	\$15	\$20	\$17
Veggie - spinach, onion, mushrooms, tomato, olives, mozza & goat	\$16	\$21	\$18
Chorizo - spicy sausage, spinach, mushrooms, mozza & goat	\$17	\$22	\$19
BBQ Chicken - chicken, peppers, onion, sweet chipotle BBQ sauce, mozza & goat	\$17	\$22	\$19
Meat Lovers - bacon, ground beef, sausage, mushrooms, mozza & parmesan	\$17	\$22	\$19

Add → Veggie **\$1** Chicken **\$5** Substitute Vegan Cheese 9" - **\$1.25** 12" - **\$2**
 Ground Beef or Bacon **\$2.50** Sausage **\$2.50**