

Entrées ^{GF}

Our entire entrée menu is gluten free (bread option with pasta or chowder upon request)

Chorizo & Goat Cheese Pasta ^{D|S}

spicy *Meadowbrook* sausage, bell peppers, red onion, goat cheese, herbed marinara sauce, tossed with organic quinoa-rice noodles **\$23**

Vegetable Curry ^{V|N}

seasonal vegetables, mushrooms & onions, toasted quinoa & raisin pilaf, tomato tamarind coconut sauce, almonds, cilantro **\$21**

Add → Chicken \$5 | Tofu \$4 | Scallops \$7.50

Chipotle Baby Back Ribs ^{S/D}

full rack of slow cooked pork ribs, grilled & basted in a sweet & tangy BBQ sauce, served with roasties, blue cornbread, cider vinegar slaw **\$27**

Rice Bowl ^{V|N|S}

organic brown rice, sautéed seasonal vegetables, cider vinegar slaw, almonds, pink hana seaweed, hemp seeds, sesame oil, Tamari **\$19**

Add → Chicken \$5 | Tofu \$4 | Scallops \$7.50

Cajun Haddock

line caught fish, blackened and seared, served with seasonal vegetables and choice of organic brown rice pilaf or potato **\$25**

Nova Scotia Salmon ^S

NS raised closed-containment salmon, seared and served with a maple bacon glaze, seasonal vegetables and choice of mashed potato or organic brown rice **\$27**

Seafood Chowder

coconut-based chowder with haddock, scallops, lobster & salmon, chunks of sweet potato, splash of NS white wine, simmered with basil **\$23**

Scallop Pasta

pan seared NS scallops, sun dried tomatoes, mushrooms and onions, basil pesto cream sauce, tossed with organic quinoa noodles, finished with parmesan cheese **\$27**

Beef Tenderloin

sous vide grass-fed NS beef, grilled and served with sautéed mushrooms & onions, beef demi, mashed potato, seasonal vegetables **\$32**

Add → 2 Bacon Wrapped Scallops \$6

Our kitchen prepares your food without the use of a microwave or a deep fryer. During peak dining hours it is not uncommon for the food to take a little longer than usual; however we will do our best to notify you if this is the case.

If you have any food allergies or other concerns please speak with your server before ordering. Be aware that while we go to great lengths to prevent cross contamination in our kitchen, we do bake with organic wheat and spelt flour, and have many items on our menu containing gluten.

We hope you enjoy your meal, and please don't hesitate to ask any one of our servers for anything.
Thank you for supporting local food in Nova Scotia.

Support our pollinators and our honey supplier *Cosman & Whidden* and clean the air around you by purchasing a beeswax candle for your table **\$2**