

# The Wooden Monkey

A Restaurant with a Conscience

## Soup & Salads

**Soup of the Day** <sup>VO|GFO|D</sup> – served with foccacia or corn chips <sup>GFO</sup> **6.85**

### **Sweet Apple Salad** <sup>VO|GF|D|N</sup>

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

### **Roasted Chickpea Salad** <sup>V|GF|N</sup>

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** <sup>GFO|D</sup>

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

### **Nachos** <sup>VO|GF|D</sup>

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 <sup>V</sup> **3** | goat cheese **2**

### **Korean Pork Tacos** <sup>S|VO|GFO</sup>

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 (can sub tofu)**

### **Garlic Fingers** <sup>D|VO|GFO</sup>

garlic & basil spread, choice of mozza or *DAIYA* vegan mozza, served with a sweet coconut sauce  
**9" - 15    12" - 20    9" Rice crust - 17**

### **Bacon Wrapped Scallops** <sup>GF</sup>

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

### **Housemade Dips** <sup>GFO</sup>

- Creamy Red Pepper Feta <sup>D</sup>

- Sweet Carmelized Onion <sup>D</sup>

- Guacamole <sup>V</sup>

**Single Dip 6.75 • Two Dips 12.50 • Trio 16.50**

### **Bruschetta** <sup>VO|D</sup>

tomato, onion, garlic, basil & olive oil, parm & feta, on focaccia with balsamic reduction  
**4 pcs 12.50 • 6 pcs 17**

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

Vegan = <sup>V</sup>    Vegan Option = <sup>VO</sup>    Gluten Free = <sup>GF</sup>    Gluten Free Option = <sup>GFO</sup>

Contains Soy (organic) = <sup>S</sup>    Contains Dairy = <sup>D</sup>    Contains Nuts = <sup>N</sup>

*Extra Mayo / Aioli* **1**    *Big Life Pita / Organic Blue Corn Chips* **1.50**    *Focaccia with butter* **2.50**

*\*Plate alterations subject to extra charge*