

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/V

SUBSTITUTE A GF **SCHOOLHOUSE BUN** (contains egg & dairy) 2 GF

Monkey Pita ^{D | GFO}

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

Add → 2 Strips of Bacon **2.50**

Lamb Burger ^{D | GFO}

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

Roast Chicken & Pesto Sandwich ^{N | GFO}

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 house made tartar sauce and cider slaw **16.75**

Fish Cakes ^{D | GF}

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

Seitan Donair ^{V | S}

marinated and spiced *Big Life* seitan, diced onion and tomato, sweet coconut donair sauce, on an pita **17**

Bacon Cheese Burger ^{D | GFO}

5 oz. NS grass-fed beef burger, cheddar, caramelized onions, bacon, greens, tomato, dill pickle, spicy mayo on an organic *Stonehearth* bun **17.50** Add → sautéed mushrooms **2**

Lentil Burger ^{V | GFO}

lentil patty with oats, miso, carrot, daikon, tomato, lettuce, served on an organic 5-grain pita with housemade honey 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**