

Entrées

Our entire entrée menu is gluten free or can be made gluten free

Chorizo & Goat Cheese Pasta ^{D|N|GFO S}

spicy *Meadowbrook* sausage, bell peppers, red onion, goat cheese, marinara sauce and basil pesto, tossed with organic quinoa-rice noodles, grilled focaccia **22**

Vegetable Curry ^{GF|V|N}

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

Add → Chicken 5 | Tofu 4 | Scallops 7.50

Rice Bowl ^{GF|V|N|S}

organic brown rice, sautéed vegetables, cider vinegar slaw, pickled ginger, almonds, seaweed, hemp seeds, sesame oil, tamari **19**

Add → Chicken 5 | Tofu 4 | Scallops 7.50

Cajun Haddock ^{GF}

line caught fish, blackened and seared, served with seasonal vegetables and choice of mashed potato, rice, roasties or sweet potato wedges **24**

Nova Scotia Salmon ^{GF}

NS raised closed-containment salmon, seared and served with a maple bacon glaze, seasonal vegetables and choice of mashed potato, rice, roasties or sweet potato wedges **26**

Scallop Pasta ^{D|N|GFO}

pan seared NS scallops, sun dried tomatoes, mushrooms and onions, basil pesto cream sauce, tossed with organic quinoa noodles, finished with parmesan cheese & grilled focaccia **26**

Braised Beef ^{GF|S}

Tender, slow cooked grass-fed NS beef, with a NS red wine reduction, mushrooms, served with mashed potato and seasonal vegetables **26**

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**