

# From Scratch. Everyday.

## SOUP OF THE DAY 7

served with ciabatta toast

## BITES

### FRIES 7

### YAM FRIES 9

### ONION RINGS 10

### CRISPY CALAMARI 14<sup>50</sup>

tossed with onions and lemon pepper

### POUTINE MAKHANI 16

add grilled chicken 9

### HUMMUS & PITA

single 9 | share plate 12

### CHICKEN WINGS 14<sup>50</sup>

BUFFALO | HONEY GARLIC | SWEET CHILLI | BBQ | BLUE MOON

### PORK RIBS 13

BUFFALO | HONEY GARLIC | SWEET CHILLI | BBQ | BLUE MOON

### CRISPY CAULIFLOWER 9

besan coated cauliflower bites tossed in sweet chilli

### CHICKEN STRIPS 14

housemade chicken strips served with fries and plum sauce

### NACHOS 17

add grilled chicken 9 | ground beef 7 | guacamole 3

## BURGERS

with fries or soup

• ADD BACON 3 | AVOCADO 3

• UPGRADE TO YAM FRIES 4 | MAKHANI POUTINE 5

• SUB GLUTEN-SMART BUN 3

### VEGGIE BURGER 15

spicy black bean patty, fresh hummus, lettuce, onion, tomato, cheddar, and avocado

### BENT MAST BURGER 14<sup>50</sup>

lean beef patty, chipotle mayo, lettuce, onion, tomato, cheddar, and pickle

### CHICKEN BURGER 16

house marinated grilled chicken breast, chipotle mayo, lettuce onion, tomato, and cheddar

### WILD SALMON BURGER 18

grilled sockeye, house tartar, lettuce, tomato, onion, and pickle

### LAMB BURGER 17

seasoned ground lamb patty, chipotle mayo, lettuce, onion, tomato, and blue cheese

## DESSERT

### CHEESE CAKE 7<sup>50</sup>

with whipped cream and berry compote