



Fresh Food First

Handhelds

We bake our breads fresh. Sandwiches are served with your choice of soup, House Salad or fresh-cut fries.

Substitute Sweet Potato Fries, Superfood Salad or Caesar Salad 2

GF with *Gluten-free bun*

Piadina Caprese

Stone-oven baked Italian flatbread, tomato, creamy bocconcini, arugula, prosciutto, drizzled with house basil oil and balsamic reduction 13

Chipotle-Cherry BBQ Chicken

Grilled chicken breast, our own chipotle-cherry BBQ sauce, sliced mozzarella, arugula, house lime-pickled onion on fresh French loaf 14

El Cubano

Slow-roasted pulled pork, shaved ham, swiss, pickle and house-made citrus Cuban sauce on fresh French loaf 13

Turkey Avocado

Roasted turkey, bacon, avocado, sautéed mushrooms, caramelized onions, house sundried tomato pesto, arugula, crispy onions on fresh Pumpernickel 14

Good food strengthens our bodies, nourishes our minds. It inspires, propels and connects us. That's why we bake, chop, saute and simmer with fresh quality ingredients every day.

Bowls & Plates

Cheesy Baked Tortellini

Tossed in a sundried tomato cream sauce, smothered with cheese and baked to perfection 12.5 **V**

Signature Fish & Chips

Crispy beer-battered Cod fillet, house slaw, fresh-cut fries, tartar sauce 15

Louisiana Jambalaya

Shrimp, Andouille sausage, rotisserie chicken and vegetables in spicy Cajun tomato sauce over rice pilaf 12.5

Beet-the-Meat Burger

House-made grilled beet and black bean vegetable patty, cranberry mayo, house walnut pesto, arugula 14 **V / GF**

Butcher Block Burger

Our signature juicy 8oz beef burger topped with lettuce, tomato and red onion on a toasted bun 15 **GF**
Add cheese 1.5 | Add bacon 1.5

Buffalo Chicken Wrap

Crispy chicken strips tossed in medium buffalo-style wing sauce with lettuce, tomato, blue cheese dressing, cheddar and jack cheese in a sundried tomato -basil tortilla 15

Soulful Soups

Daily Soup

Our Chef's fresh daily creation 5

Roasted Red Pepper Soup

Roasted red peppers, tomato, cream 6 **GF**

Chili

Our Chef's own hearty beef chili served with a side of garlic bread 11 **GF**

Cashew Chicken Stir Fry

Sliced chicken breast, fresh vegetables, orange-ginger sauce, cashews and black sesame seeds on a bed of tender lo mein noodles 12.5

GF with rice

Rotisserie Chicken

1/4 rotisserie chicken with choice of side House or Caesar Salad, and hot chicken BBQ sauce 12

GF without BBQ dipping sauce

Fab Flavours

Southwest Burrito Rib Bowl

Slow-roasted back rib meat, dark chocolate-infused chipotle BBQ Sauce, seasoned rice with roasted corn and black beans, cheddar, grilled pineapple pico de gallo, crema, cilantro 12.5

Mango Whitefish Power Lunch

Pan-fried local Whitefish with mango-lime salsa and a side of Superfood Salad 14

Korean Fish Tacos (2)

Crispy tempura-battered Cod, house-fermented kimchi, grilled pineapple pico de gallo, julienned radish served with choice of side 12

Jerk Chicken Tacos (2)

House jerk-marinated grilled chicken breast, fresh mango salsa, pickle slaw, green onion, lime crema served with choice of side 12

Greens & Grains

Citrus Spinach Salad

Baby spinach, mandarin oranges, red peppers, green onions, egg, bacon bits, crispy onion strings, crunchy lo mein noodles and feta tossed in our own orange poppy seed dressing 14.5

Add shrimp skewer 7 Add grilled chicken 5

Superfood Salad

Red lentils, quinoa, rice blend, chick peas, roasted sweet potato, black beans, tomatoes, charred sweet corn, baby kale, apple cider honey vinaigrette, sunflower seeds, zesty chimichurri 14 **V / GF**

Sweet Beet Salad

Slow-roasted beets, soft goat cheese, roasted red pepper, onion and walnuts on spinach and arugula with balsamic dressing 14.5 **V / GF**

Sides

House Salad 4

Fresh-cut Fries 3

Caesar Salad 5

Sweet Potato

Superfood Salad 6

Fries 6

V-Vegetarian GF-Gluten-friendly