

DIPS (\$1) Ranch // Blue Cheese // Chili Mayo // BBQ
Honey Mustard // Mayo // Rosemary Aioli

ADD ONS (\$2) Bacon // Cheese Cheddar, Brie, Gruyere or Feta
SAUCY SIDES (\$4) British Curry // Gravy

WF = Wheat Free

LF = Lactose Free

= hot/spicy!

gluten free buns available



LITTLE BITES

- EDAMAME** WF / VEGAN \$6
warmed edamame; choice of lightly salted or spiced
- DEEP FRIED BRIE** VEGETARIAN \$8
served on crostini w/ pickled apple and red onion chutney
- PARMESAN FRIES** WF / VEGETARIAN \$7
hand cut fries w/ rosemary and parmesan
- MANGO GUAC & CRISPS** VEGAN \$10
home made chips tossed in roasted red pepper and tomato dust served with a mango guacamole
- PROSCIUTTO WRAPPED STUFFED FIGS** WF \$9
figs stuffed with red pepper cream cheese wrapped in prosciutto
- PORK AND DATE DUMPLINGS** LF \$9
slow roasted pork with dates in a sweet soy dressing
- MUSTARD MARINATED OLIVES** WF / VEGAN \$8
assorted olives, dates, and sweet pepper drops in a mustard marinade with a side of toasted garlic focaccia bread
- HAND CUT FRIES** WF / VEGAN \$5
crispy hand cut fries salted and fried to golden perfection; spiced nashville fries +\$0.50
- GREEN SALAD** VEGAN \$5
seasonal mixed greens, croutons, carrots, red onion, heirloom cherry tomatoes, sweet pepper drops with a rotating house made dressing

BURGERS

- CRUSHABLE BURGER** LF \$8
3 oz house made beef patty, shredded lettuce, sweet pickles, mayo - he's just a lil' guy.
- THE BURGER** LF \$14
5 oz house made beef patty, red onion chutney, pickled apple, tomato, mixed greens, topped with rosemary and thyme aioli
- MAPLE CHICKEN BURGER** LF **Waffle Bun! +\$4** \$14
crispy organic chicken breast, maple glaze, apple slaw, mixed greens, roasted red pepper, and tomato jam
- BLACK BEAN & SWEET POTATO BURGER** LF/VEGAN \$13
roasted sweet potato, black bean and quinoa patty, rosemary aioli, mixed greens, tomato, and roasted red pepper
- THE BIG BIRD BURGER** LF **Waffle Bun! +\$4** \$14
nashville style spicy fried chicken with lettuce, mayo and pickles
- VEGAN NASHVILLE BURGER** LF **Waffle Bun! +\$4** \$14
nashville style spicy seitan patty with lettuce, mayo and pickles

MAINS

- ZUCCHINI SPAGHETTI** WF/LF/VEGAN \$14
roasted garlic zucchini spaghetti & wild mushrooms, sweet pepper drops, roasted cherry tomatoes, roasted butternut squash & arugala
- HARVESTER SALAD** WF / VEGAN \$13
*mix greens, cherry tomatoes, blue berries, carrots, roasted butternut squash, zucchini, homemade salsa, almonds, feta with a blueberry vinaigrette dressing **add grilled chicken + \$4***
- BUTTERNUT SQUASH PUTTANESCA** LF/ VEGAN \$14
homemade herb tomato sauce, roasted butternut squash, capers, olives, cherry tomatoes, sweet pepper drops, carrots with toasted garlic focaccia bread
- CHIMICHURRI BEEF SKEWERS** LF \$15
beef tenderloin, red onion, red peppers, cherry tomatoes, homemade chimichurri sauce with toasted garlic focaccia bread
- GRILLED CHICKEN & BRIE WRAP** \$14
brie, spinach, mayo, red onion chutney wrapped in a tomato basil tortilla
- STEAK & CHEDDAR WRAP** \$14
seared beef tenderloin, grilled onions, tomatoes, spinach, mayo, all wrapped in a tomato and basil tortilla
- GRILLED ZUCCHINI & MUSHROOM WRAP** VEGAN \$14
mixed mushrooms, zucchini, tomato, spinach, mayo, red onion chutney wrapped in a tomato basil tortilla

BIGGER BITES

- SLOW BRAISED PORK BELLY** WF / LF \$12
apple slaw, sweet soy vinegar dressing with tahoan crest
- APPLE AND KALE SALAD** WF/VEGETARIAN \$12
*apple & baby kale w/ red onion, arugala, dried cranberries, spinach, toasted walnuts, goat feta, & maple cider vinagrette **add grilled chicken + \$4***
- PROSPECTOR FRIES** VEGETARIAN \$12
home cut fries, cheddar cheese, grilled onions, secret sauce, deep fried wontons, house made salsa
- GRILLED CHEESE & PICKLE SPEARS** VEGGIE \$11
cheddar, parmesan, gruyere cheeses on toasted garlic focaccia bread with grilled tomato, a baked parmesan crisp, and dill pickle spears
- CAULIFLOWER "WINGS"** WF / LF / VEGAN \$14
cola ginger, honey mustard, bbq, chinese five spice lemon pepper, coconut lime, hot pepper
- CHICKEN WINGS** WF / LF \$15
cola ginger, honey mustard, bbq, salt & pepper, chinese five spice lemon pepper, coconut lime, hot pepper

DESSERTS BY CAKE BETTY

- CAKE SLICE** \$8
your choice of raspberry lemon, chocolate salted caramel, or a rotating seasonal option
- THE CAKE FLIGHT** \$20
can't choose just one slice? get 'em all
- THE CHOCOLATE PLATTER** \$16
[8 pcs.] assorted truffles, fudge, brownies, nanaimo bars, macarons, and toffees



HIGH QUALITY FRIED CHICKEN: LOCAL, NO CAGE, HORMONE, ANITBIOTIC, & STEROID FREE!



your choice of **ORIGINAL** WF
OR **SPICY NASHVILLE**
served with fries, a side of apple slaw, and assorted dipping sauces

2 PIECE \$14 5 PIECE \$30
3 PIECE \$18 10 PIECE \$50

CHICKEN & WAFFLES \$18

*two pieces of nashville
or original fried chicken on a waffle
with maple syrup and berry coulis*

VEGGIE SEITAN & WAFFLES \$16

*spicy nashville style
or original seitan on a waffle
with maple syrup and berry coulis*