



LUNCH & DINNER MENU

LIGHT BITES

Feta Bruschetta 7

Garlic and balsamic marinated tomatoes and onion, with feta and fresh basil on grilled pita bread (vegetarian)

Bang Bang Cauliflower 8

Crispy, deep-fried cauliflower tossed in our Spicy Bang Bang sauce and topped with chopped scallions and cilantro (gluten-free, vegetarian)

Crispy Chicken Wings 10

6 crispy chicken wings served carrot sticks and your choice of sauce:

BBQ
Sweet Chili

Jamaican Jerk
Frank's Red Hot

Honey Garlic
Creamy Garlic & Parmesan

add a side of our seasoned fries for 3

Handmade Soup served with bread and butter 6

Ask about our daily Vegetarian and/or Meat options

FRIES AND POUTINE

Herb Seasoned Fries served with our garlic mayo (gluten-free, vegetarian) 6

Sweet Potato Fries served with our garlic mayo (gluten-free, vegetarian) 8

Kimchi Fries 10 (gluten-free, vegetarian)

Handmade Kimchi and topped with scallions, cilantro and spicy mayo on top of our seasoned fries

Pulled Pork Poutine 13 (gluten-free)

Slow-smoked pulled pork in BBQ sauce on top of our crispy fries with fresh local curd

Brisket Poutine 13 (gluten-free)

Slow-smoked beef brisket on top of our crispy fries with local curd and marinated onions

Peking Duck Poutine 13 (gluten-free)

Chinese five-spiced duck in hoisin gravy with cheese curds, spicy Sriracha mayo, scallions & cilantro

Substitute Our Seasoned Fries with **Sweet Potato Fries** on any order **add 2**

SALADS

to add **sliced roasted chicken breast** on any salad **add 4**

Market Fresh Salad 10 Full 6 Half

The freshest veggies from the market with mixed greens, and topped with herb croutons and our maple cider vinaigrette (vegetarian)

Caesar Salad 10 Full 6 Half

Romaine Lettuce, parmesan cheese, crispy bacon and handmade herb croutons tossed in a lemon-garlic-parmesan dressing.

Greek Salad 10 Full 6 Half

tomatoes, cucumber, peppers, feta cheese, red onion, black olives and iceberg & romaine lettuce with a classic greek vinaigrette

BLTC Salad 10 Full 6 Half

crispy bacon, iceberg lettuce, tomato and cheddar with a creamy garlic dressing and handmade herb croutons

Roasted Butternut Squash 13

Mixed Greens and fresh vegetables with a warm Butternut squash, cashew crusted goat cheese handmade herb croutons and dried cranberries served with a red wine vinaigrette (vegetarian)

Thai Peanut Chicken Salad 14

Roasted chicken with a Thai coconut peanut sauce served on mixed greens with shredded cabbage, carrots, celery, red onion, cucumber, chopped peanuts and fresh cilantro with a sesame soy vinaigrette

The Real Jerk Salad 14

Roasted chicken with a spicy Caribbean jerk sauce topped with mango chutney and served on mixed greens, with shredded cabbage, carrots, celery, red onion, cucumber with a red wine vinaigrette

SANDWICHES

Our grilled Sandwiches come on **multigrain bread**
(we have pita or gluten-free bread available upon request)
and are served with your choice of a side **Soup, Mixed Greens Salad** or **Fries**

for a side **Sweet Potato Fries add 2**

for a side **Caesar, Greek** or **BLTC salad add 2**

for a side **Poutine add 3**

Gourmet Grilled Cheese 14

Aged cheddar, creamy goat cheese and Swiss cheese with sweet peppers, red onions and garlic mayo (vegetarian)

Going Caprese 14

Sliced tomatoes, red onions, cucumber, and mozzarella cheese with nut-free basil pesto and a balsamic drizzle. Served open faced on fresh multigrain bread (vegetarian)

Pesto Presto 14

Nut-free pesto, sun-dried tomatoes, red onions, creamy goat cheese, roasted chicken

Ali Abubu 14

Curried chicken, corn relish, red onions, sweet peppers and creamy goat cheese

Hawaiian Hamwich 14

Black forest ham, mozzarella, pineapple salsa, hot peppers, maple herb mustard, and garlic mayo

The Cubano 14

Roasted pork, ham, dill pickle, Swiss cheese, garlic mayo & maple mustard

The Beefeater 14

Slow-smoked beef brisket with horseradish, garlic mayo, marinated onions, sweet peppers and Swiss cheese

The Heart Brieker 14

Black forest ham and brie with red pepper jelly, red onion, garlic mayo and mixed greens

Get Figgy With It 14

Roasted chicken, brie, fig compote, red onion, garlic mayo and mixed greens

WRAPS

Our wraps are served with your choice of **Soup, Mixed Greens Salad** or **Fries** on the side

for a side **Sweet Potato Fries** **add 2**

for a side **Caesar, Greek** or **BLTC salad** **add 2**

for a side **Poutine** **add 3**

Falafel Wrap 14

Crispy seasoned chick pea fritters wrapped in a soft tortilla with tomatoes, mixed greens, marinated onions, hot peppers, feta cheese and spicy Bang Bang sauce (vegetarian)

Jerk Chicken Wrap 14

Spicy Jerk Chicken wrapped in a soft tortilla with mango chutney, creamy goat cheese, cucumber, sweet peppers and mixed greens

Sweet Chili Chicken Wrap 14

sweet chili chicken wrapped in a soft tortilla with scallions, cucumber, sweet peppers, red onion, creamy coleslaw and mixed greens

Grilled Peking Duck Wrap 14

Chinese five-spiced duck in a sweet hoisin sauce grilled in a flour tortilla with rice, cabbage and carrot slaw with a spicy Sriracha mayo, sweet peppers, onions and fresh cilantro

Grilled Cod Wrap 14

crispy fried cod filets grilled in a flour tortilla with rice, cabbage and carrots slaw with a creamy garlic dressing, sweet peppers, onions and fresh cilantro

BURGERS AND MORE!

Served with your choice of
Soup, Mixed Greens Salad or Fries on the side

for a side **Sweet Potato Fries add 2**
for a side **Caesar, Greek or BLTC salad add 2**
for a side **Poutine add 3**

Mega Mushroom 15

Grilled marinated portobello mushroom, creamy goat cheese, red onions, sweet peppers, mixed greens and garlic mayo on a toasted pretzel bun (vegetarian)

Urban Burger 16

Grilled and seasoned lean ground beef burger with cheddar, tomatoes, sliced pickles, mixed greens, onions and garlic mayo on a toasted pretzel bun

Bruschetta Burger 16

Grilled and seasoned lean ground beef burger with mozzarella, tomato bruschetta, mixed greens and garlic mayo on a toasted pretzel bun

Buttermilk Chicken 16

Crispy fried chicken breast, cheddar, tomato, red onions, mixed greens, garlic mayo and maple herb mustard on a toasted pretzel bun

Bang Bang Chicken 16

Crispy fried marinated chicken breast, with our spicy Bang Bang sauce, red onion, cucumbers, cilantro and Kimchi, on a toasted pretzel bun

Pulled Pork on a Bun 16

Pulled Pork in BBQ sauce served open-faced on a pretzel bun with a creamy coleslaw and sliced dill pickle

Hail Marinara 16

Meatballs in a marinara sauce on a ciabatta bun with sweet peppers, hot peppers, red onions, and mozzarella cheese

DESSERTS & DRESSED UP DRINKS

Ice Cream Sandwiches 8

Your favourite artisan ice cream, gelato or sorbet between 2 cookies

Ice Cream Floats 8

County Soda Company with your choice of 1 scoop of artisan ice cream

Adult Ice Cream Floats 14

Crazy Uncle Hard Root Beer or Crazy Uncle Hard Cream Soda
with your choice of 1 scoop of artisan ice cream

Milkshakes 8

with 2 scoops of artisan ice cream

Adult Milkshakes 17

with 2 scoops of artisan ice cream and 1.5 oz of alcohol
see our list or create your own!

Affogato 6.5

espresso or hot chocolate poured over a one scoop of our artisan ice cream

See our selection of more delicious treats baked in-house!



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