



ALL DAY BREAKFAST *gluten free and dairy free options available*

AÇAÍ SMOOTHIE BOWL	16	SPICED CHICKPEA PROTEIN BOWL	23
<i>almond milk, açai, saskatoon berry, local "good morning" honey, house-made granola, toasted coconut</i>		<i>moroccan-spiced chickpeas, black beans, quinoa, grilled zucchini, kale, crumbled feta, locally-grown micro greens, red pepper hummus, walnut oil citrus & flat parsley vinaigrette</i>	
REFUEL BOWL	18	"GREENLAND" CUCUMBER GAZPACHO	14
<i>golden beet, chia seed crusted, rainbow carrots, alfalfa, sprouted lentils, greenland cucumbers, avocado, organic brown rice, sweet potatoes, toasted tahini & orange squeeze vinaigrette</i>		<i>avocado, chia seeds, greek yogurt, freshly squeeze lime juice, banana bread croutons</i>	

APPETIZERS & SALAD BOWLS

COBB SALAD	20	SOUP OF THE DAY	11
<i>artisan greens, grape tomatoes, cucumbers, red onions, valbella smoked bacon, avocado, boiled hen's egg, alberta sylvan star gouda, sherry vinaigrette, chicken breast</i>		HOT SMOKED ALBERTA TROUT 23	
<i>crystal rill farm trout, fermented vegetable salad, heirloom tomatoes, fresh horseradish, crème fraiche, spiced pecans, microacres farm sunflower sprouts</i>		NORDIC SPA DIP DUO 19	
TWO TREES KALE SALAD	19	<i>hemp seed and chickpea pulse, pesto tzatziki, vegetables, pita bread, corn chips</i>	
<i>broccoli, spinach, avocado, pears, radishes, greenland cucumbers, early dawn farm goat cheese, organic apple cider and raw honey vinaigrette</i>		NORDIC CHARCUTERIE BOARD 28	
SOBA NOODLE BUDDHA BOWL	23	<i>local charcuteries, house pickled veg, truffle aioli, grilled artichoke, pickle mustard seed, sourdough & baguette</i>	
<i>served cold. snap peas, fava beans, broccoli, cilantro, pickled red onions, scallions, avocado, soba noodles, tangy tamarind dressing</i>		CANADIAN CHEESE BOARD 28	
AHI TUNA POKE STACK	23	<i>canada-sourced cheeses, continuously rotating upon availability and inspiration, house-made peach jam, grapes and dried fruit, crisps and sourdough bread</i>	
<i>organic quinoas, avocado, pickled carrots, seaweed, cucumbers, radishes, mango, microacres farm pea shoots, cucumber wasabi mayo, served with wonton chips</i>		CORN CHIPS & GUAC 16	
		<i>fresh house-made guacamole</i>	

ADD TO YOUR SALADS OR MAINS	ATLANTIC SMOKED SALMON 9
	POACHED HEN'S EGG 3
	CHICKEN BREAST 8

SANDWICHES & MAINS *served with a small salad | gluten free and dairy free options available*

CROQUE "NORDIC "	23	CHICKEN PANINI	23
<i>grilled brioche bread, valbella smoked ham, maple mustard, alberta sylvan star gouda, béchamel</i>		<i>marinated grilled chicken, pickled apple, oka cheese, caramelized onions, arugula pesto</i>	
HOUSE MADE SALMON GRAVLAX & AVOCADO.	24	SPAGHETTI SQUASH POMODORO	23
<i>open-faced on sourdough bread, dill cream fraîche, capers, avocado, kombucha, pickled red onions</i>		<i>grilled focaccia, garlic, basil, shallots, tomatoes, toasted pine nuts, early dawn farm goat cheese</i>	

Please note that a 20% gratuity will be added to groups of eight & above.

