

POWER BOWLS		SMALL PLATES	
POACHED EGG + ANCIENT GRAINS ® ® kale, barley, sprouted lentils, quinoa,	18	VEGETABLE "BONE BROTH" ® ® dashi broth, miso, ginger, spring onions	9
organic apple cider vinaigrette, chili oil			14
TWO TREES BUDDHA BOWL (§) (§) wild rice, roasted vegetables, dried cranberries,	22	marinated mozzarella, spinach, pesto, prosciutto, balsamic reduction	
sunflower seeds, heirloom carrots, maple balsamic dressing		ARTISAN GREENS (6) (6) cucumber, tomato, radish, pickled red onions, organic apple cider vinaigrette	9
YOGURT & GRANOLA ®	13		
berry yogurt, house made granola, chia seeds, fresh berries		LARGE PLATES	
COCONUT CHICKEN & RICE BOWL ® ® braised chicken thighs, lemongrass, jasmine rice, vegetable.	23	COBB SALAD (f) mixed greens, tomatoes, cucumbers, red onions, double smoked bacon, avocado, boiled hen's egg, sylvan star gouda, sherry vianigrette, chicken breast	22
SHARE //gf options available		CROQUE NORDIC	23
THE CHEESE BOARD ®	29	grilled brioche, smoked ham, maple mustard,	
daily selection of canadian cheese,		sylvan star gouda, béchamel, served with a small salad	
house preserves, grapes,		CHICKEN PANINI	24
dried fruit, crisps & bread		herb roasted chicken breast, green apple, confit garlic aioli,	24
NORDIC CHARCUTERIE BOARD local charcuteries, pickled vegatables,	29	oka cheese, basil pistou, served with a small salad	
confit garlic aioli, grainy mustard, sourdough & baguette		ADOBO PORK STEAM BUNS (F) slow roasted pork belly, adobo glaze, crispy garlic, pickled re onions, scallion, served with a small salad	<b>21</b> ed
CHICKPEA HUMMUS ®	17		
toasted sesame seeds, yogurt, herbs,		LOX BAGEL	24
cold pressed canola oil, naan		house made salmon gravlax, dill cream cheese, classic	
CHIPS & SALSA	15	garnishes, sprouts, served with a small salad	

**♥ VEGETARIAN | ® VEGAN | ® GLUTEN FREE | ® DAIRY FREE** 

POACHED HEN'S EGG ......3

CHICKEN BREAST . . . . . . . . . 10

SALADS



## **SWEET TOOTH**

DARK CHOCOLATE TART ® ®	10	"MATCHA LATTE" CAKE®	10
bourbon ganache, strawberry compote, chantilly cream		matcha sponge, milk mousse, puffed rice crumble, fresh berries	

LIME TRIFLE 10

lime curd, graham crumbs, toasted meringue

## **DRINKS**

	COO	

GHOST TOWN AMERICAN PALE ALE 355ml	9	PAMP FIZZ 330ml	9
MILL STREET ORGANIC 355ml	9	EAU CLAIRE EQUINOX MULE 330ml	9
RUTTING ELK RED ALE 355ml	9	ROK VODKA SODA 355ml	9
BLIND MAN INDIA PALE ALE 473ml	9	WARDS CHERRY CIDER GF 330ml	9
VILLAGE BINGE WATCH NEW ZEALAND	9	MOTT'S CLAMATO CAESAR 330ml	12
PALE ALE 473ml		MIMOSA	14

## WINE

WHITE	60Z	90Z	BTL	RED	60Z	90Z	BTL	
CAMPAGNOLA PINOT GRIGIO Italy	14	19	55	HESTER CREEK CABERNET MERLOT Okanagan, Canada	16	21	60	
OYSTER BAY SAUVIGNON BLANC New Zealand	15	19	55	J. LOHR CABERNET SAUVIGNON California, USA	18	26	75	
ROSE OF THE WEEK Please ask your Server	16	21	60	LUIGI BOSCA MALBEC Argentina	18	26	75	

## **SPARKLING**

	50Z	BTL		375ML	750ML
CHURCH & STATE SPARKLING PINOT GRIS Okanagan BC	15	70	VEUVE CLICQUOT France	75	145
GIUSTI ROSALIA PROSECCO Italy	11	55			200ML
GIUSTI ROSALIA ROSE Italy	11	55	CANELLA PROSECCO Italy		12