



Sharers & Sides

Eat Well, Live Well
From 11am

Mediterranean Dips \$10.75

Baba ganoush, red pepper hummus, tzatziki, olives and breads

Bacon Corn Jalapeno Fritter \$9.95

With Cilantro and Sriracha Mayo

Prohibition Poutine \$11.95

Fries, shredded cheese and Prohibition gravy

House made Soup

\$7.45/\$9.45

Kale Caesar Salad \$8.50

Salads

Fresh and Healthy
From 11am

Add smoked salmon, grilled chicken, prawns \$5.95
tofu for \$4.95

The Healthy Chief \$13.95

Seasonal leaves, julienne veg, nuts, seeds, avocado and feta

Kale Caesar \$11.95

Crisp Kale leaves, crunchy croutons, shaved parmesan and crispy
bacon tossed in our homemade dressing

Crabapple Buddha \$12.95

Quinoa with roasted seasonal vegetables and Buddha (cumin, miso,
ginger, chilli & lime) dressing

A dozen eggs \$6.20

(when available)

Groups over 8 will be charged 18% Gratuity



Mains

Farm Fresh
From 11am

All sandwiches served with house made soup, tossed salad, or fries.
Substitute yam fries or kale caesar salad for \$2.00

Thai Green Curry \$16.45

Fragrant lemongrass, red chillies and lime finished in
coconut cream, steamed rice & salted peanuts.

With Chicken, shrimp, tofu or extra veggies.
Choose Crazy Hot, Hot, Medium or Mild

Quinoa Buddha Wrap \$ 14.95

Quinoa with roasted seasonal vegetables and Buddha (Cumin, Chilli
& Lime) dressing

Reuben \$15.95

Pastrami, sauerkraut, melted swiss cheese
& Russian dressing grilled on marbled rye bread

Portobello Burger \$ 15.95

Grilled Portobello loaded with red pepper hummus, onion, tomato
and seasonal leaves

½ lb. Burger \$17.95

Our in house made burger with 100% Blue Goose Beef
loaded with white aged cheddar cheese, bacon, mushrooms,
lettuce, mango chutney, tomato and red onion

Chicken Club Burger \$16.95

Grilled chicken, bacon, tomato, red onion, mayo,
seasonal leaves, swiss cheese and avocado

Fish & Chips regular \$16.95 or large \$20.50

Wild Pacific Cod Grilled or in house tempura
batter lemon aioli and pea puree

Kids Menu

12yrs & Under

Any Burger no toppings \$10.95

Grilled Cheese \$9.20

Veg Slices with Tzatziki Dip \$7.95

French Toast \$6

Eggs Benny \$7

Smashed Avocado \$7

Pancake \$4

The Usual \$8

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