



All of our menu items are **gluten free** and **vegan**. 90% of the ingredients we use are **organic** or sourced **locally**. Menu items change on a regular basis so we can always include the **freshest** produce and incorporate what is **in season**.

STARTERS

Sweet Potato Fire Balls

Chipotle infused sweet potato croquettes served with our in house made buttermilk ranch.

\$10

Fig Crostini

Thornbury Bakery crostini's topped with caramelized onion aioli, dried figs, balsamic reduction and pine nuts.

\$10

Crab Cake

Skillet seared crab cake topped with a Louisiana style remoulade.

\$11

Pierogies

In house made traditional pierogies served with tempeh bacon, caramelized onions and chipotle cream.

\$11

Organic Edamame

Seasoned with Himalayan sea salt on a bed of organic sprouts.

\$9

Kettle Chips & Dip

Chips served with your choice of two daily in house made dips. Choose from sundried tomato & artichoke, tzatziki, caramelized onion, chipotle, buttermilk ranch or creamy grainy mustard.

\$10

Daily Soup

Served with a crostini.

\$7.50

SALADS -\$12-

Wedge Salad

Iceberg lettuce topped with fresh tomatoes, tempeh bacon, black beans, organic purple tortilla chips and a buttermilk ranch dressing.

Thai Salad

Julienne of napa cabbage, peppers, red cabbage & kale, tossed with cucumber, green onions, edamame & cashews in a sweet and spicy Thai dressing.

Caesar

Romaine with croutons, coconut bacon, almond 'parm' and our in house made dressing.

SHARING BOARD FOR 2 -\$22-

Mushroom Board

A collection of sautéed wild mushrooms with arugula, cherry tomatoes and balsamic reduction served with crostinis.

BOWLS -\$14.50-

Falafel Bowl

Baked in house made falafel served on a bed of fresh zucchini noodles tossed in a roasted red pepper lentil sauce topped with tzatziki.

Gnocchi Carbonara

Seared gnocchi, tempeh bacon and caramelized onions tossed in a rich herb and garlic cream sauce, topped with fresh tomatoes and a balsamic reduction.

Coconut Curry Cauliflower Bowl

Roasted cauliflower with spinach & basmati rice.

Smoked Maple Chili

Organic corn & six bean medley with mushrooms and peppers topped with grated cheddar cheese, chipotle cream and green onions. Like it spicy? We have fresh jalapenos available upon request!

Asian Noodle Bowl

Vermicelli noodles tossed in a tahini ginger sauce with water chestnuts, peppers, shiitake mushrooms, edamame, carrots & broccoli topped with alfalfa sprouts and sesame seeds.

Spicy Beyond Sausage Quinoa

Wild mushrooms, peppers, spinach and caramelized onions simmered in red wine and tossed with spicy Beyond Meat Italian sausage and organic quinoa.

BETWEEN THE BUNS -\$14-

All served with soup, salad, chips or our **NEW** baked potato wedges.

Build Your Own Gourmet Beyond Meat Burger

Have your burger just the way you like it! Please fill out the card on the table.



Pulled Pork Sandwich

In house made 'pulled pork' with sweet pickles and a creamy grainy mustard slaw served on a bun.

Crabby Patty Burger

In house made patty seared and topped with fresh tomato, lettuce and remoulade.

Pierogie Grilled Cheese

Served on Thornbury bread with thinly sliced mini potatoes, caramelized onions, maple bacon and cheddar cheese served with chipotle mayo.

Falafel Burger

In house made burger topped with a kalamata olive tapenade, cucumbers, lettuce and tzatziki.

SHINERS -\$12-

Two sandwiches "shiners" served on Thornbury Bakery's gluten free baguette with soup, salad, chips or potato wedges. Have two of the same or two different. Choose from;

- Grilled veggie with sundried tomato & artichoke spread
- Spicy Italian sausage with grilled pepper & caramelized onion aioli
- Chipotle cauliflower with a buttermilk ranch
- Falafel with tzatziki sauce

SIDES

Add an extra to your favourite meal.

Hemp Hearts	\$2
Black Beans	\$2
Falafel	\$4
Avocado	\$4
Organic Quinoa	\$5
Potato Wedges	\$6
Dip & Sauces	\$3

Choose from sundried tomato & artichoke, tzatziki, caramelized onion, chipotle, buttermilk ranch or creamy grainy mustard.

TAKE OUT

705-327-7227

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