



MENU

APPETIZERS

Chicken Wings 10

6 Deep fried chicken wings served with carrots and feta sour cream dip.
Choose your sauce: Sweet Chilli, Honey Garlic, Bang Bang, Buffalo, or BBQ

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)

Blackberry and Goat Cheese Crostini 8

Our cranberry fig compote with fresh blackberries and creamy goat cheese on toasted crostini (vegetarian)

SEASONAL SOUPS

Freshly handmade and served with homemade herb croutons 5

Vegetarian and Meat options available

SALADS

The Fresh and New 10 Full 4 Side

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

Roasted Butternut Squash and Goat Cheese Salad 14

Mixed Greens and fresh vegetables with a warm almond-crusting goat cheese, Butternut squash, herb croutons and dried cranberries served with a balsamic vinaigrette (vegetarian)

Caesar Salad 10 Full 5 Side

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

Sliced roasted chicken breast on any salad add 4

Prices do not include tax

FRIES AND POUTINE

Herb Seasoned Fries (gluten-free, vegetarian) **6**

Sweet Potato Fries (gluten-free, vegetarian) **8**

Served with Urban Garlic Mayo

Vegetarian Kimchi Fries **8**

Our seasoned fries served with our handmade Kimchi and topped with scallions, cilantro and spicy mayo (gluten-free, vegetarian)

Brisket Poutine **13**

Slow-smoked beef brisket on top of our crispy fries with fresh local curd and marinated onions (gluten-free)

Peking Duck Poutine **13**

Chinese Five-Spiced Duck in rich hoisin gravy with cheese curds, spicy mayo, scallions and cilantro (gluten-free)

Substitute Seasoned Fries to Sweet Potato Fries **add 2**

SANDWICHES

Grilled Sandwiches come on multigrain, pita or gluten-free bread.

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

For Sweet Potato Fries or Caesar Salad **add 2**

Add a Side Poutine **add 3**

Pesto Presto **13**

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

Ali Abubu **13**

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

Brisket Sammie **15**

Slow-smoked beef brisket with garlic mayo, marinated onions, aged cheddar and sweet and hot peppers

Gourmet Grilled Cheese **13**

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

Hammy Sammie **13**

Black Forest Ham, cheddar, red onion, cranberry fig compote, garlic mayo and fresh greens

The Cubano **13**

Citrus-marinated pork, Black forest ham, dill pickle, Swiss cheese, garlic mayo and maple mustard

Check out the Special Sandwiches of the Day!

WRAPS, BURGERS AND MORE!

**Wraps and Burgers are served with your choice of
Soup, Mixed Greens Salad or Fries on the side**

For Sweet Potato Fries, Caesar add 2

For a Side Poutine add 3

Adel's 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)

Thai Chicken Wrap 14

Thai Peanut Chicken wrapped in a soft tortilla with scallions, cucumber, tomatoes, sweet peppers and fresh mixed greens

Urban Burger 16

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

Mega Mushroom 14

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

Buttermilk Chicken 16

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

Pulled Pork 16

Smoked and braised pork in our BBQ sauce with cheddar, hot peppers, marinated onions and garlic herb mayo, in a toasted pretzel bun

Pulled Spaghetti Squash 15

Our vegetarian version in our BBQ sauce with cheddar, hot peppers, marinated onions and garlic herb mayo, in a toasted pretzel bun (vegetarian)

Prices do not include tax

DESSERTS

Ice Cream Sandwiches 8

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

Brownies and Ice Cream 8

Fresh baked brownies topped with your choice of artisan ice cream, gelato or sorbet, with fresh berries and chocolate drizzle

Deep Fried Ice Cream 10

Deep fried, crispy coated vanilla bean ice cream topped with chocolate drizzle and fresh berries

Berries and Ice Cream 8

Fresh berries and a scoop of our artisan ice cream, gelato or sorbet

Warm Fruit Crisp 8

Selection of the day, served with your choice of artisan ice cream, gelato or sorbet and fresh berries

Adult Milkshakes

with 1 scoop of artisan ice cream and 1 oz of alcohol **\$10**
with 2 scoops of artisan ice cream and 1.5 oz of alcohol **\$17**

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

Prices do not include tax



featuring

