



LUNCH MENU

LIGHT BITES

Feta Bruschetta 7

Garlic and balsamic marinated tomatoes and onion, with feta and fresh basil on grilled pita bread (vegetarian)

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)

Siam Wookie Balls 6

Sesame-crust rice balls, deep fried and served with sweet chili sauce

Handmade Soup served with bread and butter 6

Ask about our daily Vegetarian and/or Meat options

FRIES AND POUTINE

Herb Seasoned Fries served with our garlic mayo 6

Sweet Potato Fries served with our garlic mayo 8

Kimchi Fries 10

Handmade Kimchi, scallions, cilantro and spicy mayo on top of our seasoned fries

Pulled Pork Poutine 13

Slow-smoked pulled pork in BBQ sauce on top of our crispy fries with fresh local curd

Brisket Poutine 13

Slow-smoked beef brisket on top of our crispy fries with local curd & marinated onions

Peking Duck Poutine 13

Peking duck in hoisin gravy with cheese curds, spicy Sriracha mayo, scallions & cilantro

Substitute Our Seasoned Fries with **Sweet Potato Fries** on any order **add 2**

SALADS

Market Fresh Salad 10 Full 6 Half

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

Add **sliced roasted chicken breast or falafel 4**

Caesar Salad 10 Full 6 Half

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

Add **sliced roasted chicken breast or falafel 4**

Roasted Butternut Squash 13

Mixed Greens and fresh vegetables with a warm Butternut squash, cashew crusted goat cheese handmade herb croutons and dried cranberries served with a red wine vinaigrette (vegetarian)

Add **sliced roasted chicken breast or falafel 4**

Thai Peanut Chicken Salad 14

Roasted chicken with a Thai coconut peanut sauce served on mixed greens with shredded cabbage, carrots, celery, red onion, cucumber, chopped peanuts and fresh cilantro with a sesame soy vinaigrette

The Real Jerk Salad 14

Roasted chicken with a spicy Caribbean jerk sauce topped with mango chutney and served on mixed greens, with shredded cabbage, carrots, celery, red onion, cucumber with a red wine vinaigrette

SANDWICHES & WRAPS

Our grilled Sandwiches come on **multigrain bread**
(we have pita or gluten-free bread available upon request).

Our wraps are served in a flour tortilla.

They are served with your choice of a side Soup, Mixed Greens Salad or Fries

for a side **Sweet Potato Fries add 2**

for a side **Caesar, Greek or BLTC salad add 2**

for a side **Poutine add 3**

Gourmet Grilled Cheese 14

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

Pesto Presto 14

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

Ali Abubu 14

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

Hawaiian Hamwich 14

Black forest ham, mozzarella, pineapple salsa, hot peppers, maple herb mustard & garlic mayo

The Cubano 14

Roasted pork, ham, dill pickle, Swiss cheese, garlic mayo & maple mustard

The Beefeater 14

Beef brisket with horseradish, garlic mayo, marinated onions, sweet peppers & Swiss cheese

Cordon Bleu 14

Chicken, ham, tomato, red onion, Swiss cheese, garlic mayo

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)

Jerk Chicken Wrap 14

Spicy Jerk Chicken wrapped in a soft tortilla with mango chutney, creamy goat cheese, cucumber, sweet peppers and mixed greens

Sweet Chili Chicken Wrap 14

sweet chili chicken wrapped in a soft tortilla with scallions, cucumber, sweet peppers, red onion, creamy coleslaw and mixed greens

BURGERS AND MORE!

Our burgers and more are served with your choice of **Soup, Mixed Greens Salad** or **Fries** on the side

for a side **Sweet Potato Fries** add 2

for a side **Caesar, Greek** or **BLTC salad** add 2

for a side **Poutine** add 3

Mega Mushroom 15

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

Urban Burger 16

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

Bruschetta Burger 16

Grilled and seasoned lean ground beef burger with mozzarella, tomato bruschetta, mixed greens and garlic mayo on a toasted pretzel bun

Buttermilk Chicken 16

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

Pulled Pork on a Bun 16

Pulled Pork in BBQ sauce served open-faced on a pretzel bun with a creamy coleslaw & a dill pickle

DESSERTS & DRESSED UP DRINKS

Ice Cream Sandwiches 8

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

Ice Cream Floats 8

County Soda Company with your choice of 1 scoop of artisan ice cream

Adult Ice Cream Floats 14

Crazy Uncle Hard Root Beer or Crazy Uncle Hard Cream Soda
with your choice of 1 scoop of artisan ice cream

Milkshakes 8

with 2 scoops of artisan ice cream

Adult Milkshakes 17

with 2 scoops of artisan ice cream and 1.5 oz of alcohol
see our list or create your own!

Affogato 6.5

espresso or hot chocolate poured over a one scoop of our artisan ice cream

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



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