



V Vegetarian Dish

BREAKY

- BREAKFAST SANDWICH** fried egg, sausage patty, cheddar cheese, brioche bun \$6
- V TOFU SCRAMBLE WRAP** sauteed onions, mushrooms, peppers & spiced tofu \$8
- V VANILLA CINNAMON FRENCH TOAST** powdered sugar & syrup \$7
- V FRESH FRUIT SALAD** \$5
- TWO EGG ANY STYLE WITH CHOICE OF MEAT** home fries and toast (white or whole wheat),
peameal or chicken sausage, bacon, sausage \$9
- BREAKFAST POUTINE** sausage, bacon, home fries, poached eggs, cheese & hollandaise \$10

WARM UP

- DAILY SOUP CREATION** \$6
- V THREE BEAN VEGETARIAN CHILI & CORNBREAD** \$7
- V GREEN SALAD** fresh spinach, red onion, feta, walnuts & red wine vinaigrette \$9
- V GREEK CHICKPEA SALAD** tomato, cucumber, peppers, onion, feta & balsamic dressing \$9
- KETO CAESAR SALAD** Romaine hearts, bacon, chicken, roasted garlic yogurt dressing \$10

ON DECK

- V BAKED ARTICHOKE SPINACH DIP** with gluten-free nacho chips \$9
- V FRIED PICKLE SPEARS** with sour cream & chive dip \$8
- V CRISPY SHOESTRING FRIES & FRESH GARLIC AIOLI** \$7
- V CRISPY MOZZARELLA STICKS & MARINARA** \$9
- V CRUNCHY CHICKEN TENDERS & DIPPING SAUCE** \$12
- GRIFFS POUTINE** cheese curds & miso gravy \$10
Add bacon, pulled pork, mushrooms \$3 ea.
- V LOADED NACHOS** with onion, tomato, olives, peppers, veggie chili & melted cheese \$13
- CHICKEN & CILANTRO PESTO QUESADILLA** house made salsa & sour cream \$12
- PULLED PORK STREET TACO** chipotle corn, fresh pineapple salsa & pickled red onion \$11



ON THE PLATE

- ✓ **GRILLED FOUR CHEESE PANINI & HOMEMADE TOMATO BASIL SOUP** \$13
- PLT SANDWICH** peameal bacon, lettuce & tomato \$11
- BBQ BEEF BRISKET SANDWICH** brioche bun, espresso stout sauce & crisp coleslaw \$14
- BUTTERMILK HOT CHICKEN SANDWICH** pickles, banana peppers & spicy mayo \$13
- ✓ **VEGGIE BURGER** caramelized onion, fresh greens & pickle..... \$11
Add cheese \$2
- GRILLED BEEF BURGER** brioche bun, lettuce, tomato, onion & pickle \$10
Add cheese, caramelized onion or bacon \$2 ea.
- GRILLED CARIBBEAN CHICKEN WRAP** pineapple salsa, smokey aioli \$12
- ✓ **TOFU BUDDHA BOWL** brown rice, edamame, carrot, red cabbage, marinated tofu, scallions, spinach, wonton crisps & sesame lime dressing \$14
- DAILY \$12 SPECIAL** please ask your server for details

SIDES

- CUP OF SOUP** \$4
- ✓ **CUP OF VEGETARIAN CHILI** \$5
- SIDE CAESAR SALAD** \$5
- ✓ **SIDE GREEN SALAD** \$4
- ✓ **FRENCH FRIES** \$4
- ONION RINGS** \$6

