BREAKY

BREAKFAST SANDWICH fried egg, sausage patty, cheddar cheese, brioche bun $6

TOFU SCRAMBLE WRAP sauteed onions, mushrooms, peppers & spiced tofu $8

VANILLA CINNAMON FRENCH TOAST powdered sugar & syrup $7

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

THREE BEAN VEGETARIAN CHILI & CORNBREAD $7

GREEN SALAD fresh spinach, red onion, feta, walnuts & red wine vinaigrette $9

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

BAKED ARTICHOKE SPINACH DIP with gluten-free nacho chips $9

FRIED PICKLE SPEARS with sour cream & chive dip $8

CRISPY SHOESTRING FRIES & FRESH GARLIC AIOLI $7

CRISPY MOZZARELLA STICKS & MARINARA $9

CRUNCHY CHICKEN TENDERS & DIPPING SAUCE $12

GRIFFS POUTINE cheese curds & miso gravy $10

Add bacon, pulled pork, mushrooms $3 ea.

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