

bread + soup + salad

HOUSE BAKED FOCACCIA sundried tomato + miso butter 9 V

SOUP DU JOUR chef's daily creation, ciabatta bread roll 12

T19 AHI TUNA POKE BOWL tuna poke, sushi rice, locally sourced lettuces, edamame, cucumber, green onion, pickled ginger + shiitake mushrooms, carrots, mango salsa, spicy mayo 31 DF

VEGAN TEMPEH POKE BOWL char sui tempeh, sushi rice, locally sourced lettuces, edamame, cucumber, green onion, pickled ginger + shiitake mushrooms, mango salsa 29 VE

T19 BAJA POWER BOWL pork birria, quinoa, avocado, black bean, corn, pickled red onion, feta, cilantro lime dressing, tortilla, pico 25 GF

COBB SALAD locally sourced lettuces, rabbit river farms soft-boiled egg, blue cheese, avocado, tomato, cucumber, bacon, pickled red onion, green goddess dressing 26 GF

CAESAR SALAD romaine lettuce, parmesan, roasted garlic + anchovy dressing, bacon, cheese croutons, red chimichurri, fried capers 25

MOTHER EARTH locally sourced lettuces, avocado, roasted cashews, quinoa, cucumber, tomato, edamame, snap peas, carrots, nooch dressing 24 GF VE

these salads include CHOICE OF:

GARLIC PRAWNS
BLACKENED RARE SEARED AHI TUNA
ROASTED CHICKEN BREAST
CHAR SUI TEMPEH

++ADD FRESH AVOCADO +4

burgers + sandwiches

choice of fries, caesar, or green salad (double side +5) / upgrade to truffle fries or soup +3 / vegan patty available

T19 DELUXE BURGER alberta beef, aged white cheddar, bacon onion jam, LTOP, our sauce, ace bakery sesame bun 27
ADD house-smoked thick-cut bacon +4 | MAKE IT "three napkin double deluxe": double patty + double cheese +6

TURKISH-STYLE LAMB PITA red pickled onion, farm greens, tomato, cucumber, yogurt garlic raita [++ADD HALLOUMI +6] 29

TURKISH-STYLE HALLOUMI PITA red pickled onion, farm greens, tomato, cucumber, yogurt garlic raita 25 V

T19 CRISPY BUTTERMILK CHICKEN SANDWICH korean hot honey, b+b pickles, our sauce, slaw, ace bakery sesame bun 26

STRIPLOIN STEAK SANDWICH [8OZ] gruyère, garlic aioli, jalapeños, bacon onion jam, pickled onion, arugula, tomatoes, schiacciata bread 36

SERVED UNTIL 2PM

BEAR BREAKFAST SANDWICH two fried eggs, smoked bacon, lettuce, tomato, cheddar, pesto mayo, hashbrowns, ace bakery sesame bun 21

"LOCAL MOCO" grilled beef patty, sunny side up egg, sushi rice, local mushroom gravy, king oyster mushroom, green onion 24 GF DF

mains

PORK KATSU BOWL panko breaded pork, sushi rice, sesame cabbage slaw, japanese bbq sauce, sunny side up egg 25

T19 BUTTER CHICKEN slow simmered indian-style, basmati rice, warm naan, crispy papadam, sweet mango chutney 25

MOULES FRITES pei mussels, garlic, white wine, sundried tomato + miso butter, fries, garlic aioli [++ADD FOCACCIA +6] 24

SEARED SEASONAL SALMON local sourced farm greens, citrus truffle vinaigrette, steamed basmati rice 29 GF DF

PRAWN + TUNA PASTA blackened ahi tuna, conchiglie pasta, cherry tomatoes, snap peas, garlic cream sauce 31

VEGAN CONCHIGLIE PASTA arugula pesto, snap peas, edamame, cherry tomatoes, vegan cheese, roasted cashews 27 VE

to finish

LEMON MERINGUE PAVLOVA coconut cream, poppy seeds, lemon mint sorbet 9 GF

CRÈME BRÛLÉE rotating flavour 12 GF

COUPE AU CHOCOLAT lucia gelato chocolate ice cream, hazelnut praline sauce, hazelnut crunch 11

MIXED BERRY SUNDAE vegan yogurt, berry compote, blackcurrant sorbet, coconut whipped cream 9 VE GF

CAKE OF THE DAY fresh house baked cake 8 | 13 with espresso coffee

Kindly note, special requests and modifications may slow meal times. Our kitchen contains nuts, soy, wheat and other known allergens. Please advise your server of any known allergies. Prices subject to applicable taxes and gratuity (18% gratuity added for groups of 6 and larger). We ask all guests to kindly respect our maximum 6 checks per table.

VE = VEGAN GF = GLUTEN FRIENDLY DF = DAIRY FREE V = VEGETARIAN