SALADS

Marinated Kale Salad 9
Feta, Pumpkin Seeds, Hemp Hearts, Flax Seeds, Almonds, Lemon Garlic Vinaigrette

Mediterranean Pasta 11
Orzo, Olives, Capers, Preserved Lemon, Sundried Tomato, Basil

Roasted Beets & Carrots 12
Yogurt, Mint, Edamame, Pickled Pearl Onions + Walnuts

BOWLS

Chickpea Fritter 15
Quinoa, Fresh Tomato, Pickled Veg, Lemon & Roasted Garlic Dressing, Prairie Cherry Yoghurt

Prairie Tuna Poke 16
Avocado, Pickled Veg, Kimchi Mayo, Barley, Wild Rice, Edamame, Sesame

Vegan Ramen 18
Roasted Vegetable Broth, Sweet Potato Noodles, Marinated Tofu, Sesame, Pickled Onion, Kimchi, Edamame

Avocado Toast 14.5
Sourdough, Smashed Avocado, Honeyed Goat Cheese, Pickled Onion, Smoked Salt, Egg Salad

SANDWICHES w Green Salad

Grilled Cheese Panini 12.5
Cheddar, Gruyere, Smoked Gouda, Green Apple, Fresh Basil, Garlic Butter, Sourdough

Galette 14.5
House Made Flaky Pastry filled w Daily Inspiration

GRAB + GO

Cheese + Salumi 19
2 Artisan Cheese + 2 Artisan Salumi, w Bread, Crackers, Spiced Almonds, Honey

Chickpea + Roasted Garlic Spread 6
Sesame w Raw Veggies

Pumpkin + Miso Spread 6
Walnut, Red Lentil, Pumpkin Seeds w Raw Veggies

Daily Baking 5

Monday: CLOSED
Tuesday, Wednesday & Friday: 8:00 am to 4:00 pm
Thursday: 8:00 am to 9:00 pm
Saturday & Sunday: 11:00 am until 4:00 pm

Chef de Cuisine Emma Warren | Lead Barista Britt Melland