SALADS

Vegan “Caesar” Salad 12
Harissa Spiced Crispy Lentils, Sourdough Croutons, Pickled Onions, Lemon & Roast Garlic Dressing

Kale & Arugula Salad 11
Feta, Pumpkin Seeds, Hemp Hearts, Flax Seeds, Almonds, Lemon Garlic Vinaigrette

Corn & Black Bean 11
Honey & Lime Vinaigrette, Prairie Grains & Pulses, Tomato, Cilantro, Vegan Chipotle “Mayo”

Add Shredded Roast Chicken, Shaved Porchetta or Marinated Tofu 5

BOWLS

Chickpea Fritter 17
Quinoa, Fresh Tomato, Pickled Veg, Lemon & Roasted Garlic Dressing, Prairie Cherry Yoghurt

Prairie Tuna Poke 17
Avocado, Pickled Veg, Kimchi Mayo, Barley, Wild Rice, Edamame, Sesame

Vegan Ramen 17
Roasted Vegetable Broth, Sweet Potato Noodles, Marinated Tofu, Sesame, Pickled Onion, Kimchi, Edamame

SANDWICHES w Green Salad

Grilled Cheese Panini 13.5
Cheddar, Swiss, Smoked Gouda, Green Apple, Basil Pistou, Garlic Butter, Sourdough

Roast Chicken Wrap 13.5
Pickled Carrot & Onion, Korean Spiced Coleslaw & Avocado, Flour Tortilla

Galette 13.5
House Made Flaky Pastry Filled w/ Daily Inspiration

Croque Monsieur 13.5
Porchetta, Swiss Cheese, Onion Marmalade, Sourdough

Avocado Toast 13.5
Sourdough, Smashed Avocado, Honeyed Goat Cheese, Pickled Onion, Smoked Salt, Egg Salad

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

Chef de Cuisine Emma Warren | Lead Barista Britt Melland