



AFTERNOON MENU

3-4pm weekdays

soups and salads

soup of the day | 6

made fresh. Ask your server for today's selection.

salmon chowder | 16

cream chowder loaded with salmon and vegetables. made fresh to order & served with garlic toast.

garden salad | 14/18

mixed greens, fresh vegetables, toasted almonds, feta cheese & dried cranberries with our house orange maple balsamic vinaigrette. half size or full order.

beet salad | 14/18

mixed greens drizzled with our house dressing with beets, candied pecans & goat cheese. half size or full order.

caesar salad | 14/18

crispy romaine lettuce with croutons, parmesan, bacon and house dressing. half size or full order.

add grilled chicken breast | 8.5

add wild salmon or 6oz steak | 12.5

add smoked tofu | 6

add avocado | 2.5

add garlic toast to soup or salad | 2.5

desserts

carrot cake | 10

house-made with rich cream cheese icing.

chocolate fudge cake | 12

gluten-free house-made dense & rich cake served with mixed berry compote.

chimi changa cheesecake | 14

deep-fried tortilla-wrapped cheesecake rolled in cinnamon sugar, with compote & whipped cream.

house made ice cream | 12

ask for today's selection.

fried, dipped & shared

basket of wings | 18

house hot, sweet chili, soy ginger, bbq, honey hot, honey garlic, lemon pepper or s & p. with vegetable sticks & ranch.

cauliflower bites | 16

crispy panko fried fritters served with a side of any wing sauce flavour & ranch for dipping.

asian style meatballs | 17

pork meatballs with asian aromatics, baked and served with sweet and spicy soy sauce and sesame seeds.

arugula & goat cheese flatbread | 15

flatbread with arugula, goat cheese, pesto, sun-dried tomatoes and balsamic reduction.

add chicken | 8.5

cheesy spinach & caramelized onion dip | 18

warm with pita bread.

muhammara | 17

roasted red pepper, pomegranate and walnut dip. served with warm pita bread.

jalapeno poppers | 18

with vegetable sticks and chipotle mayo.

fries, onion rings or sweet potato fries | 12

with your choice of ranch dip, chipotle mayo, roasted shallot aioli or gravy.

chicken fingers & fries | 16.5

add a side of ranch | 1.5

buffalo style | 1.5

poutine | 12/16

house fries, real cheese curds & house gravy. small or large order.

add a fried egg | 1.5

add bacon | 2.5

add pulled pork | 12