

## BRUNCH

Substitute home fries with fruit, chopped salad or Caesar salad +2.

<b>Soup of the Day</b> .....	9.
<b>Fresh Fruit Salad</b> <b>V</b> .....	3.5
<i>add yoghurt, baked granola, honey +4.</i>	
<b>Yoghurt Bowl</b> <b>V</b> .....	5.75
<i>strawberry compote, artisanal granola</i>	
<b>Mango Chia Seed Pudding</b> <b>V GF</b> .....	7.
<i>toasted coconut, mint</i>	
<b>Hot Steel-cut Oats</b> <b>V</b> .....	8.
<i>peanut butter, flax seeds, banana, maple syrup</i>	
<b>Avocado Toast</b> <b>V</b> .....	10.
<i>smashed avocado, cherry tomatoes, multigrain toast</i>	
<i>add two poached or scrambled eggs +4.</i>	
<b>Eggs Benedict</b> .....	17.
<i>English muffin, country ham, Hollandaise, home fries</i>	
<i>substitute with smoked salmon +2.</i>	
<b>Steak &amp; Eggs</b> <b>GF</b> .....	24.
<i>grilled flat iron steak, fried eggs, home fries, chermoula</i>	
<b>French Toast Bread Pudding</b> <b>V</b> .....	12.
<i>assorted pastries, maple syrup, poached pears, chocolate</i>	
<b>Butty</b> .....	16.
<i>fried egg, cheddar, ham, HP Sauce, lettuce, tomato, smashed avocado, brioche bun</i>	
<b>Canteen Breakfast</b> .....	18.
<i>two eggs your way, sausage, bacon, roasted mushrooms, home fries, toast</i>	

<b>Chopped Salad</b> <b>GF</b> .....	13.
<i>chickpeas, speck ham, Treviso, romaine, red onion, pickled shishito peppers, olive vinaigrette</i>	
<b>Signature Caesar Salad</b> .....	13.
<i>romaine hearts, Parmesan, bacon bits, garlic bread croutons, pickled onions, roasted garlic dressing</i>	
<b>Pulse &amp; Grain Bowl</b> <b>V</b> .....	17.
<i>pearled barley, green lentils, red quinoa, kale, sweet potato, Brussels sprouts, pickled pear, coriander, lime</i>	
<b>Canteen Burger</b> .....	18.
<i>iceberg lettuce, smoked cheddar, pickle mayo, sliced tomato</i>	
<i>add bacon or egg +2.</i>	
<b>Short Rib Mac &amp; Cheese Bowl</b> .....	19.
<i>canestri pasta, kale, three-cheese blend, cherry tomato, herbed breadcrumbs</i>	
<b>Calamari Tacos</b> .....	14.
<i>two soft-shell tacos, fried calamari, jalapeño, spicy mango sauce, cilantro, herb crema</i>	

## DESSERTS

<b>Caramel Pot de Crème</b> <b>V GF</b> .....	9.
<i>salted caramel, crème fraîche</i>	
<b>Daily Pie</b> <b>V</b> .....	9.
<b>Carrot Cake</b> <b>V</b> .....	8.
<b>Biscotti Plate</b> <b>V</b> .....	6.
<b>Berry Bowl</b> <b>V GF</b> .....	7.

## SMOOTHIES

### VEGAN AND GLUTEN-FREE

<b>Green Zinger</b> .....	8.
<i>avocado, coconut milk, spinach, matcha, ginger lemonade, spirulina, mint</i>	
<b>Banana Bolt</b> .....	10.
<i>banana, coconut milk, protein powder, cocoa powder, activated charcoal, espresso, oats, peanut butter</i>	
<b>Electric Berry</b> .....	8.
<i>mixed berries, coconut milk, acai powder, orange juice, Yoso yoghurt, chia seeds</i>	
<b>Powerhouse</b> .....	10.
<i>banana, protein powder, cocoa powder, almond milk, strawberries, beet juice, dates, mint</i>	
<b>Yoso Delicious</b> .....	10.
<i>banana, almond milk, carrot juice, turmeric, ginger, mango, Yoso yoghurt, agave</i>	

## BEVERAGES

<b>Southern Sweet Tea</b> .....	4.	
<i>Earl Grey tea, simple syrup</i>		
<b>Cold Brewster</b> .....	6.	
<i>cold brew coffee, cascara syrup, coconut cream, rock candy stir stick</i>		
<b>Italian Soda</b> .....	5.	
<i>cranberry syrup, sparkling O water, coconut whipped cream, pineapple juice</i>		
<b>Vegan Cocoa</b> .....	6.	
<i>cocoa, sugar, coconut milk, coconut whipped cream, vegan peppermint marshmallows</i>		
<i>+ spike it with Vegan Baileys Almande (1oz) .....</i>		6.
<b>Apple Cider</b> .....	4.5	
<b>Freshly Squeezed Orange Juice</b> .....	5.5	
<b>Daily Fresh Lemonade</b> .....	5.5	
<b>Lychee Cactus Pear Juice</b> .....	6.	

### SPECIALTY COFFEE & TEA

<b>Irish Coffee</b> (1oz).....	9.
<i>Jameson Irish whiskey, brown sugar, whipped cream</i>	
<b>Amaretto Chai Latte</b> (1oz) .....	9.
<i>Disaronno, chai tea, honey syrup</i>	

**V** vegetarian

**GF** made with gluten-free ingredients

Please make us aware of any food allergies, as there may be ingredients that are not listed.



## WHAT RHYMES WITH THURSDAY? ... WINE

half-priced bottles of wine  
(excluding wine on tap)



### WINES

#### ON TAP (6oz / 9oz / 500ml)

Pinot Grigio, Montelvini, IT (+) ..... 10. / 15. / 30.  
Cabernet Sauvignon, MonVin, IT (+) ..... 11. / 16. / 32.

#### SPARKLING (5oz / 750ml)

Brut Cava, Freixenet 'Cordon Negro', ES ..... 9. / 44.  
Prosecco, Canti 'Millesimato', IT ..... 14. / 65.

#### WHITE (6oz / 9oz / 750ml)

Reif Estate 'White Sands', ON ..... 11. / 15.75 / 44.  
Riesling, Cave Spring 'Canoe', ON ..... 11.25 / 16.75 / 45.  
Chardonnay, Camas, FR (+) ..... 12.5 / 18.75 / 50.  
Sauvignon Blanc, Ant Moore, NZ (+) ... 13.25 / 19.5 / 53.  
Chardonnay, Camelot, US ..... 13.5 / 19.75 / 54.

#### ROSÉ (6oz / 9oz / 750ml)

Domaine de Punctum 'Norte Sur', ES (+) ... 12. / 18. / 48.

#### RED (6oz / 9oz / 750ml)

Malbec, Argento 'AG Forty Seven', AR ..... 10.75 / 16. / 43.  
Nero d'Avola, Sicily, IT ..... 11.25 / 16.75 / 45.  
Shiraz, Wyndham Estate 'Bin 555', AU... 12.25 / 18. / 49.  
Pinot Noir, Les Carabènes, FR (+) ..... 13.5 / 19.75 / 54.  
Cabernet Sauvignon, Cedar Rock, CA... 13.75 / 20. / 55.  
Merlot, Tin Roof Cellars, CA ..... 16. / 24.50 / 65.

(+) sustainable / organic

### BEERS & CIDERS

#### ON TAP

14oz

Muskoka 'Detour' IPA ..... 7.  
Lost Craft 'Revivale' ..... 7.  
Danforth Brewery 'Viaduct' IPA ..... 7.5  
Mill St. Organic Lager ..... 7.5  
Blanche de Chambly ..... 8.25

#### BOTTLES

Creemore Springs Lager (341ml) ..... 6.5  
Steam Whistle Pilsner (341ml) ..... 6.5  
Grolsch Lager (450ml) ..... 8.

#### CANS (12oz)

Woodhouse Light Lager ..... 7.  
Wellington Helles Lager ..... 7.  
Big Rock 'Belly Flop' Apricot Grisette ..... 7.  
Anderson Cream Ale ..... 7.  
Mascot Seasonal Sour ..... 8.

#### TALL CANS (16oz)

Pommies Apple Cider ..... 8.5  
Big Rock Traditional Ale ..... 8.5  
Glutenberg Blonde Gluten-Free Ale ..... 8.5

## FLIPPIN' MONDAYS

Test your luck for your chance to  
win a free burger!

## WEEKEND SIPS

Canteen Caesar 8.  
Mimosa 6.

### COCKTAILS

Saskatoon Berry Sparkler (5oz) ..... 13.  
sparkling wine, Saskatoon berry syrup

Vodka Lux (1.5oz) ..... 14.  
Dillon's Method vodka, muddled grapes, lime juice, basil syrup

Eyes Wide Shut (1.5oz) ..... 12.  
Sauza Gold tequila, Cointreau, RumChata, espresso, grated orange, salt

Apple Cider Bourbon Sour (1.5oz) ..... 11.  
Jim Beam bourbon, apple cider, aquafaba, cinnamon syrup, Angostura bitters

Persimmon Mojito (1.5oz) ..... 13.  
Havana Club rum, lime juice, mint, honey lime air, persimmon

Manhattan Ball (2.75oz) ..... 15.  
Crown Royal rye, sweet vermouth, Angostura bitters

Jackfruit Negroni (2.25) ..... 13.  
Beefeater gin, Campari, Dolin sweet vermouth, jackfruit syrup

Winter Sangria (4.25oz) ..... 10.  
MonVin Cabernet Sauvignon, apricot brandy, ginger beer, sparkling Q water