

## GET YOUR GREENS

- Kale Salad** **V GF** ..... 13.  
*snap peas, red cabbage, carrot, sunflower sprouts, crispy shallots, tamari ginger dressing*
- Beet Salad** **V GF** ..... 14.  
*celery root, Bosc pear, frisée, dill feta cream, toasted seeds, red wine vinaigrette*
- Signature Caesar Salad** ..... 13.  
*romaine hearts, Parmesan, bacon bits, garlic bread croutons, pickled onions, roasted garlic dressing*
- Shaved Cauliflower & Heirloom Carrot Salad** **V GF** ..... 14.  
*sheep's milk yoghurt, radish, chickpeas, mint, lemon*
- Roasted Squash Salad** **GF** ..... 14.  
*baby arugula, apple, prosciutto, shaved Parmesan, ginger dressing, sage*
- Chopped Salad** **GF** ..... 13.  
*chickpeas, speck ham, Treviso, romaine, red onions, pickled shishito peppers, olive vinaigrette*
- Mexican Street Corn** **V GF** ..... 14.  
*cherry tomatoes, avocado, pickled shallots, arugula, cilantro, Anaheim chilies, Cotija, cumin, lime*



## TO ANY GREENS

- Roast Chicken** **GF** ..... 9.
- Grilled Salmon** **GF** ..... 9.
- Seared Tuna** **GF** ..... 12.
- Grilled Flat Iron Steak** **GF** ..... 13.

**V** vegetarian  
**GF** gluten-free

Ask us about gluten-free pasta options.

## START ME UP

- Soup of the Day** ..... 9.
- Salmon Poke** **GF** ..... 15. / 20.  
*black rice, cucumber, pineapple, radish, avocado, pea shoots, sesame tamari soy*
- Seared Tuna Salad** **GF** ..... 26.  
*chicory, fennel, citrus, Castelvetrano olives, sunchokes, toasted almonds*
- Avocado Toast** **V** ..... 10.  
*smashed avocado, cherry tomatoes, multigrain toast*

## VEG OUT

- Edamame** **V** ..... 8.  
*tamari ginger dressing, lime*
- Roasted 100km Winter Squash** **V GF** ..... 9.  
*maple brown butter, pumpkin seed gremolata*
- Fried Brussels Sprouts** **V GF** ..... 9.  
*crispy shallots, pomegranate*
- Smashed Celery Root** **V GF** ..... 8.  
*confit garlic, crispy herbs*

## CARB LOAD

- Yukon Gold Fries** **V GF** ..... 7.  
*herb crema*
- Sweet Potato Fries** **V GF** ..... 8.  
*tahini tofu 'mayo'*
- Poutine** **GF** ..... 9.  
*cheese curds, smoked cheddar, chicken gravy*
- Garlic, Herb & Cheese Flatbread** **V** ..... 7.

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

## EAT TO LIVE

- Beet Burger** **V**  
*sun-dried tomato, pepper relish, roasted garlic aioli, arugula, fries* 18.
- BBQ Pulled Jackfruit Sandwich** **V**  
*red cabbage slaw, apple, tahini tofu 'mayo', pickle, brioche bun, fries* 18.
- Sweet Potato Tacos** **V**  
*chili sauce, tomatillo salsa, pickled red onions, kale, herb crema* 12.
- Lentil Shepherd's Pie** **V GF**  
*spiced lentils, mushroom, tomato, rosemary, confit garlic, smashed potatoes* 18.
- Grilled Salmon**  
*fennel, black barley, cauliflower caponata* 22.
- Squash Pad Thai** **V GF**  
*tofu, radish, bean sprouts, heirloom carrots, rice noodles* 19.
- Pulse & Grain Bowl** **V**  
*pearled barley, green lentils, red quinoa, kale, sweet potato, Brussels sprouts, pickled pear, coriander, lime* 17.
- Steak Salad** **GF**  
*red watercress, baby kale, endive, cherry tomatoes, blue cheese, red wine vinaigrette* 26.

## LIVE TO EAT

- Canteen Burger**  
*iceberg lettuce, smoked cheddar, pickle mayo, sliced tomato, fries* 19.
- Turkey Melt**  
*provolone, avocado, tomato, bacon, cucumber, aioli, focaccia, fries* 16.
- Calamari Tacos**  
*two soft-shell tacos, fried calamari, jalapeño, spicy mango sauce, cilantro, herb crema* 14.
- Jerk Chicken** **GF**  
*braised greens, rice & beans, plantains, habanero pepper* 22.
- Braised Beef Short Rib** **GF**  
*parsnip purée, winter greens, smoked cherry tomatoes, red wine sauce* 24.
- Spicy Shrimp Spaghetti**  
*peperoncino, confit garlic, tomato ragù, basil, extra virgin olive oil* 19.
- Short Rib Mac & Cheese Bowl**  
*canestri pasta, kale, three-cheese blend, cherry tomatoes, herbed breadcrumbs* 19.
- Steak Frites** **GF**  
*flat iron steak, chermoula* 27.

## SMOOTHIES

VEGAN AND GLUTEN-FREE

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

## BEERS & CIDERS

<b>ON TAP</b>	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

<b>BOTTLES</b>	
Creemore Springs Lager (341ml) .....	6.5
Steam Whistle Pilsner (341ml) .....	6.5
Grolsch Lager (450ml) .....	8.

## BEVERAGES

<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.
<b>Southern Sweet Tea</b> .....	4.
Earl Grey tea, simple syrup	
<b>Cold Brewster</b> .....	6.
cold brew coffee, cascara syrup, coconut cream, rock candy stir stick	
<b>Italian Soda</b> .....	5.
cranberry syrup, sparkling Q water, coconut whipped cream, pineapple juice	
<b>Vegan Cocoa</b> .....	6.
cocoa, sugar, coconut milk, coconut whipped cream, vegan peppermint marshmallows + spike it with Vegan Baileys Almande (1oz) .....	6.

## SPECIALTY COFFEE & TEA

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

<b>CANS</b> (12oz)	
Woodhouse Light Lager .....	7.
Wellington Helles Lager .....	7.
Big Rock 'Belly Flop' Apricot Grisette .....	7.
Anderson Cream Ale .....	7.
Mascot Seasonal Sour .....	8.

<b>TALL CANS</b> (16oz)	
Pommies Apple Cider .....	8.5
Big Rock Traditional Ale .....	8.5
Glutenberg Blonde Gluten-Free Ale .....	8.5

## DESSERTS

<b>Caramel Pot de Crème</b> <b>V GF</b> .....	9.
salted caramel, crème fraîche	
<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.



### THE GOLDEN TART

**Salted Caramel Chocolate Tart** **V** 9.

Every night, we hide one golden leaf  
beneath a tart. The lucky winner will  
receive a delicious surprise!



## WHAT RHYMES WITH THURSDAY? ... WINE

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



## COCKTAILS

<b>Saskatoon Berry Sparkler</b> (5oz) .....	13.
sparkling wine, Saskatoon berry syrup	
<b>Vodka Lux</b> (1.5oz) .....	14.
Dillon's Method vodka, muddled grapes, lime juice, basil syrup	
<b>Eyes Wide Shut</b> (1.5oz) .....	12.
Sauza Gold tequila, Cointreau, RumChata, espresso, grated orange, salt	
<b>Apple Cider Bourbon Sour</b> (1.5oz) .....	11.
Jim Beam bourbon, apple cider, aquafaba, cinnamon syrup, Angostura bitters	
<b>Persimmon Mojito</b> (1.5oz) .....	13.
Havana Club rum, lime juice, mint, honey lime air, persimmon	
<b>Manhattan Ball</b> (2.75oz) .....	15.
Crown Royal rye, sweet vermouth, Angostura bitters	
<b>Jackfruit Negroni</b> (2.25) .....	13.
Beefeater gin, Campari, Dolin sweet vermouth, jackfruit syrup	
<b>Winter Sangria</b> (4.25oz) .....	10.
MonVin Cabernet Sauvignon, apricot brandy, ginger beer, sparkling Q water	

## WINES

<b>ON TAP</b> (6oz / 9oz / 500ml)	
Pinot Grigio, Montelvini, IT (+) .....	10. / 15. / 30.
Cabernet Sauvignon, MonVin, IT (+) .....	11. / 16. / 32.
<b>SPARKLING</b> (5oz / 750ml)	
Brut Cava, Freixenet 'Cordon Negro', ES .....	9. / 44.
Prosecco, Canti 'Millesimato', IT .....	14. / 65.
<b>WHITE</b> (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.
<b>ROSÉ</b> (6oz / 9oz / 750ml)	
Domaine de Punctum 'Norte Sur', ES (+) .....	12. / 18. / 48.
<b>RED</b> (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	

## FLIPPIN' MONDAYS

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

## WEEKEND SIPS

Canteen Caesar 8.  
Mimosa 6.