

START

CHILLI EDAMAME

Steamed edamame tossed with garlic-chilli oil & sea salt 11

The PICNIC Board

Sliced meats and cheeses with pickled vegetables, mustard & breads 28

JERK SHRIMP SKEWERS

grilled marinated shrimp, pickled onion, mango, cheese, with lime wedges 16

CRISPY MUSHROOM & GOAT CHEESE FLAT BREAD

Crispy mushroom, whipped goat cheese, balsamic, arugula 17

BOWLS

Fresh, vibrant mains – garden-forward & full of flavour.

QUINOA & CHICKPEA BOWL

Paprika-spiced chickpeas, roasted carrots, quinoa, cabbage, fresh spinach, toasted sunflower seeds, lemon-tahini dressing & sprouts. 20 V GF

SMOKY PULLED BEEF BOWL

Chipotle-rubbed pulled beef over a warm 5-grain blend roasted red peppers, corn salsa, black beans, tomatoes, shredded greens & pickled red onion, lime crema, crispy tortilla strips & fresh cilantro. 23

CAESAR SALAD

Crisp romaine with creamy Caesar dressing, parmesan, crispy bacon & toasted sourdough croutons. Garnished with house-pickled tomato fillets 15 Add chicken +8

Niagara Market Salad

Mixed Greens with red grapes, goat cheese, candied pecans, prosciutto crisps in a house balsamic vinaigrette. 17

OFF THE GRILL

Cooked outdoors served with soul

GRILLED STRIPLOIN

8 oz Ontario striploin finished with garden herb butter. Served with warm potato wedge salad tossed in herb-caper dressing & seasonal greens +32
Add Shrimp skewer + 8 | Add

GRILLED MAPLE MUSTARD SALMON

Atlantic Salmon grilled over an open flame, brushed with grainy mustard maple glaze. Served with served with wild rice salad & grilled lemon 29

LEMOM THYME GRILLED CHICKEN

Boneless Marinated chicken thighs marinated with thyme & garlic roasted red peppers, feta Potatoes & Garden slaw 26

GRILLED PORTOBELLO STACK

Portobello, roasted peppers & whipped ricotta, quinoa garden greens & toasted seeds 24 V

TEAHOUSE BURGER

7 oz beef patty, smoked cheddar, roasted tomato Jam, garlic confit aioli, and greens on a brioche bun. With kettle chips an& garden greens 22 Add Bacon +2

MOROCCAN LAMB BURGER

Spiced ground Lamb, whipped goat cheese, pickled onion & greens on a brioche bun. With Kettle chips & garden greens 24



MENU

| DINNER |