

for those with severe allergies

our restaurant and kitchen contains and uses all nuts, seafood, shellfish, soy, wheat, eggs & dairy products.

if you are allergic to any of these - there is a high risk of cross-contamination and we would not advise.

please, for your safety, if you have an anaphylactic allergy - you must have an epi-pen present.

shellfish & seafood

garden salad 11

mixed greens, cherry tomatoes
cucumber, pumpkin seeds
oregano vinaigrette

blistered

shishito peppers 11

chili & lime salt

mushroom tagliatelle 23

cremini & oyster mushrooms
white wine porcini cream sauce
parsley & grana padano

steak & salad 27

grilled 8 oz. aaa striploin
garden salad
mixed greens, cherry tomatoes
cucumber, pumpkin seeds
oregano vinaigrette

celiac

blistered

shishito peppers 11

chili & lime salt

strawberry & chèvre salad 13

shaved fennel, curly endive
cucumber & pepitas
strawberry basil vinaigrette

greek salad 11

crisp romaine, feta
cherry tomatoes, kalamata olives
mountain oregano vinaigrette

smoked 12 oz.

bone-in pork loin 25

spinach purée
minted crème fraîche peas
triple crunch mustard

albacore tuna salad 26

seared rare
grilled treviso & poblanos
cherry tomatoes, sweet corn
balsamic

eggs

appetizers

blistered

shishito peppers 11

chili & lime salt

strawberry & chèvre salad 13

shaved fennel, curly endive
cucumber & pepitas
strawberry basil vinaigrette

greek salad 11

crisp romaine, feta
cherry tomatoes, kalamata
olives
mountain oregano vinaigrette

east coast oysters mp

ginger scallion mignonette
house cocktail sauce
fresh horseradish & lemon

ontario burrata 20

toasted pistachios & honey
warm cardamom peaches
prosciutto & balsamic
grilled sourdough-rye
organic olive oil
smoked sea salt

entrees

jerk chicken salad 21

spicy jerk marinated
grilled chicken thigh
strawberry & chèvre salad
shaved fennel, curly endive
cucumber & pepitas
strawberry basil vinaigrette

atlantic salmon 24

soy-glazed
pan seared salmon
greek salad
crisp romaine, feta
cherry tomatoes
kalamata olives
mountain oregano vinaigrette

beer-brined roisserie chicken 25

cookstown confit
purple potatoes
sweet corn succotash
hot sauce butter

smoked 12 oz.

bone-in pork loin 25

spinach purée
minted crème fraîche peas
triple crunch mustard

dairy

deviled eggs 10

tarragon, tobiko, truffle

blistered

shishito peppers 11

chili & lime salt

east coast oysters mp

ginger scallion mignonette
house cocktail sauce
fresh horseradish & lemon

albacore tuna salad 26

seared rare
grilled treviso & poblanos
cherry tomatoes, sweet corn
balsamic

steak & salad 27

grilled 8 oz. aaa striploin
garden salad
mixed greens, cherry tomatoes
cucumber, pumpkin seeds
oregano vinaigrette

nuts

blistered

shishito peppers 11

chili & lime salt

spring asparagus 9

hollandaise

mushroom tagliatelle 23

cremini & oyster mushrooms
white wine porcini cream sauce
parsley & grana padano

steak + eggs 28

grilled 8 oz. aaa ribeye
two sunny-side eggs
miso peppercorn cream sauce
spring asparagus

beer-brined

roisserie chicken 25

cookstown confit purple
potatoes
sweet corn succotash
hot sauce butter

nightshades

deviled eggs 10

tarragon, tobiko, truffle

ontario burrata 20

toasted pistachios & honey
warm cardamom peaches
prosciutto & balsamic
grilled sourdough-rye
organic olive oil
smoked sea salt

steak + eggs 28

grilled 8 oz. aaa ribeye
two sunny-side eggs
miso peppercorn cream sauce
spring asparagus

hot turkey 24

braised ontario organic turkey
bourbon curry gravy
peas, thyme, preserved lemon
open-faced egg-dipped challah
shaved black truffles

mushroom tagliatelle 23

cremini & oyster mushrooms
white wine porcini cream sauce
parsley & grana padano



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vegan

garden salad 11

mixed greens, cherry tomatoes
cucumber, pumpkin seeds
oregano vinaigrette

blistered shishito peppers 11

chili & lime salt

chef's daily vegan plate 20

a beautiful medley of
fresh ontario vegetables

no soy

appetizers

deviled eggs 10

tarragon, tobiko, truffle

blistered shishito peppers 11

chili & lime salt

grilled garlic-bomb caesar 16

grilled romaine, grana padano
egg, sourdough-rye croutons
double smoked bacon

strawberry & chèvre salad 13

shaved fennel, curly endive
cucumber & pepitas
strawberry basil vinaigrette

greek salad 11

crisp romaine, feta
cherry tomatoes, kalamata olives
mountain oregano vinaigrette

ontario burrata 20

toasted pistachios & honey
warm cardamom peaches
prosciutto & balsamic
grilled sourdough-rye
organic olive oil
smoked sea salt

salt spring island steamed mussels

1/2 lb 13 1 lb 22

tomatoes, white wine
fresh herbs, garlic bread

warm blue crab & artichoke dip 16

fresh vegetables
crispy shallots
taro root crisps, grilled pita

expectant mothers

appetizers

blistered shishito peppers 11

chili & lime salt

deviled eggs 10

tarragon, tobiko, truffle

strawberry & chèvre salad 13

shaved fennel, curly endive
cucumber & pepitas
strawberry basil vinaigrette

greek salad 11

crisp romaine, feta
cherry tomatoes, kalamata olives
mountain oregano vinaigrette

east coast oysters mp

ginger scallion mignonette
house cocktail sauce
fresh horseradish & lemon

warm blue crab & artichoke dip 16

fresh vegetables
crispy shallots
taro root crisps, grilled pita

coconut shrimp 16

toasted coconut
& chili fish sauce

buttermilk fried truffled mushrooms 15

crispy oyster mushrooms
gochujang truffle aioli

crispy calamari 19

fried capers
tzatziki & lemon

maple sriracha chicken wings 17

served with carrots, celery
& house ranch

entrees

jerk chicken salad 21

spicy jerk marinated
grilled chicken thigh
strawberry & chèvre salad
shaved fennel, curly endive
cucumber & pepitas
strawberry basil vinaigrette

atlantic salmon 24

soy-glazed
pan seared salmon
greek salad
crisp romaine, feta
cherry tomatoes
kalamata olives
mountain oregano vinaigrette

fish + chips 23

crispy beer battered
fresh atlantic cod
lemongrass tartar sauce
bourbon curry gravy
crinkle cut coins & coleslaw

beer-brined roisserie chicken 25

cookstown confit
purple potatoes
sweet corn succotash
hot sauce butter

steak frites 27

grilled 8 oz. aaa striploin
sweet potato frites
chimichurri & truffle butter

steak + eggs 28

grilled 8 oz. aaa ribeye
two sunny-side eggs
miso peppercorn cream sauce
spring asparagus

hot turkey 24

braised ontario organic turkey
bourbon curry gravy
peas, thyme, preserved lemon
open-faced egg-dipped challah
shaved black truffles

no soy

entrees

seafood tagliatelle 28

bay scallops, black tiger shrimp
salt spring island mussels
saffron white wine cream
heirloom cherry tomatoes
parsley & sourdough gremolata

mushroom tagliatelle 23

cremini & oyster mushrooms
white wine porcini cream sauce
parsley & grana padano

beer-brined

roisserie chicken 25

cookstown confit purple potatoes
sweet corn succotash
hot sauce butter

jerk chicken salad 21

spicy jerk marinated
grilled chicken thigh
strawberry & chèvre salad
shaved fennel, curly endive
cucumber & pepitas
strawberry basil vinaigrette

albacore tuna salad 26

seared rare
grilled treviso & poblanos
cherry tomatoes, sweet corn
balsamic

hot turkey 24

braised ontario organic turkey
bourbon curry gravy
peas, thyme, preserved lemon
open-faced egg-dipped challah
shaved black truffles

BRUNCH

for those with severe allergies

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shellfish & seafood

frittata 17

kale, caramelized onions
goats cheese, cherry tomatoes
arugula salad & fresh fruit
(vegetarian)

banquet burger 23

1/2 lb aaa ontario beef
smoked cheddar & bacon
crinkle cut coins & coleslaw
sesame seed potato bun

nightshades

deviled eggs 10

tarragon, tobiko, truffle

ontario burrata 20

toasted pistachios & honey
warm cardamom peaches
prosciutto & balsamic
grilled sourdough-rye
organic olive oil
smoked sea salt

steak + eggs 28

grilled 8 oz. aaa ribeye
two sunny-side eggs
miso peppercorn cream sauce
spring asparagus

hot turkey 24

braised ontario organic turkey
bourbon curry gravy
peas, thyme, preserved lemon
open-faced egg-dipped challah
shaved black truffles

banquet burger 23

1/2 lb aaa ontario beef
smoked cheddar & bacon
fresh fruit & coleslaw
sesame seed potato bun

celiac

frittata 17

kale, caramelized onions
goats cheese, cherry tomatoes
arugula salad & fresh fruit
(vegetarian)

fruit bowl 6

side bacon 6

side smoked salmon 6

nuts

frittata 17

kale, caramelized onions
goats cheese, cherry
tomatoes
arugula salad & fresh fruit
(vegetarian)

fruit bowl 6

side smoked salmon 6

eggs

east coast oysters mp

ginger scallion mignonette
house cocktail sauce
fresh horseradish & lemon

vegan country 18

tofu scramble, mushrooms
avocado smash, fresh fruit
sourdough-rye

jerk chicken salad 21

spicy jerk marinated
grilled chicken thigh
strawberry & chèvre salad
shaved fennel, curly endive
cucumber & pepitas
strawberry basil vinaigrette

fruit bowl 6

side home fries 6

side bacon 6

side peameal 6

side smoked salmon 6

soy

deviled eggs 10

tarragon, tobiko, truffle

matcha french toast 17

condensed milk
peach & cardamom compote
egg-dipped challah
(vegetarian)

maple bacon french toast 21

topped with sunny side egg
apple compote, sharp cheddar
chive crème fraîche
maple bacon & maple syrup
served open-faced
on egg-dipped challah

banquet burger 23

1/2 lb aaa ontario beef
smoked cheddar & bacon
fresh fruit & coleslaw
sesame seed potato bun

smoked salmon benny 19

spring peas
traditional hollandaise
horseradish & lemon
butter croissant & fresh
fruit

choice of:

poached soft or hard only

canadian benny 19

bacon & peameal bacon
traditional hollandaise
butter croissant & fresh
fruit

choice of:

poached soft or hard only

mushroom benny 19

oyster & cremini mushrooms
truffled hollandaise
butter croissant & fresh
fruit

choice of:

*poached soft or hard only
(vegetarian)*

dairy

east coast oysters mp

ginger scallion mignonette
house cocktail sauce
fresh horseradish & lemon

country breakfast 18

two eggs sunny side
bacon, sausages, baked beans
gratin tomato, fresh fruit
sourdough-rye

choice of: sunny side,
over-hard or scrambled only

vegan country breakfast 18

tofu scramble, mushrooms
avocado smash, fresh fruit
sourdough-rye

fruit bowl 6

side bacon 6

side peameal 6

side smoked salmon 6