

SALADS & SOUP

CAJUN CHICKEN SALAD \$12 ¾

heritage greens/ avocado/ roasted corn
pinto & black beans/ feta cheese
blackened Cajun chicken
house made lime cilantro vinaigrette

QUINOA ARUGULA SALAD \$12 ½

arugula/ red quinoa
cherry tomatoes/ roasted local beets
pickled red onion/ toasted chick pea crumble
house made local honey & lemon vinaigrette

'BISTRO' CAESAR SALAD \$10 ½

'floating gardens' romaine/ baby kale/ bacon
asiago crunch/ crispy capers/ garlic & herb focaccia croutons
housemade caper garlic dressing

add seared 4oz salmon fillet \$6 add grilled 5oz chicken breast \$6

add 6pc sautéed prawns \$9

'BISTRO' LOCAL GREENS \$9 ¾

heritage greens/ raisins/ pumpkin & sunflower seeds/ carrot & beet wisps/ cucumber
local tomatoes/ goats cheese/ mustard greens
house made saskatoon berry vinaigrette

'STARTER SIZE' BISTRO CAESAR SALAD or BISTRO GREENS \$5

CHICKEN LIVER & BACON SALAD \$12 ¾

pan seared local chicken livers/ heritage greens
cherry smoked bacon/ roasted shallots/ fingerling potato
house made sour cherry vinaigrette

BABY SPINACH & BERRY SALAD \$12 ¾

baby spinach/ blackberry/ strawberry
toasted hemp seeds/ pecan crumble/ pickled onions
house made blackberry balsamic vinaigrette

STEAK & BLUE SALAD \$14

heritage greens/ arugula/ bacon wrapped beef sirloin/ crumbled blue cheese
'floating gardens' cocktail tomatoes/ red onions/ chipotle ranch drizzle

SOUP OF THE MOMENT \$6

made fresh daily from scratch, in our kitchen

ROOT VEGETABLE & SQUASH SOUP \$8

roasted carrot & squash/ pumpkin seed, ginger & green chili pistou/ cilantro oil drizzle