

# Salads

## LIMITED HARVESTFEST EDITIONS/



### Roasted Beet Salad/ \$18

organic greens, pea shoots and fresh herbs, topped with baked chicken breast, sweet bell peppers, grape tomatoes, English cucumber, quinoa, roasted beets & delicata squash. Served with a white balsamic & citrus vinaigrette and a fresh banana loaf./ GS



### Harvest Couscous Salad/ \$17

spinach salad layered with warm Israeli couscous, grilled chicken, shaved zucchini, roasted heirloom squash, caramelized onions, sweet corn and tomatoes. Drizzled with a warm bacon & Dijon honey vinaigrette and topped with pea shoots. Served with a cheddar & chive biscuit.

## SIGNATURE SALADS

### Rustic Israeli Kale Salad /\$16

add grilled chicken \$5/crisp kale and red cabbage, tossed with red quinoa, kalamata olives, grape tomatoes, crisp grapes, cucumber, red onion and feta cheese. Topped with pita crisps, tzatziki drizzle and pumpkin seeds. Served with a fresh biscuit and herb vinaigrette./ available GS with some modifications

### Moroccan Sun Salad/ \$17

organic mixed greens tossed with sweet bell peppers, sweet grape tomatoes, crisp red onions, sticky medjool dates, Turkish raisins, sugar-spiced pecans and strips of seasoned baked chicken. Drizzled with our sweet Moroccan curry dressing and served with warm garlic buttered naan bread./GS & DF

### Jeffrey's Golden Grilled Chicken Caesar/ \$16

crisp romaine tossed with our own golden Caesar vinaigrette, tangy and rich with garlic. Topped with fresh tomatoes, red bell peppers, in house made focaccia croutons and Parmesan petals. Served with a fresh baked cheddar & chive biscuit.

**SIDE SALADS/** add grilled chicken & a biscuit or banana bread to any side salad for \$6 or make any side salad a meal size with a side bread

### California Mixed Greens/ \$7.50

organic mixed greens topped with sweet bell peppers, Roma tomato, red onion, dried cranberries, California almond slices, feta cheese and balsamic vinaigrette./ GS

### Green Apple Salad/ \$7.50

kale, spinach & red cabbage topped with red bell peppers, grape tomatoes, apple slices, Turkish raisins, sugar roasted pumpkin seeds. Moroccan spiced vinaigrette./ GS & DF

### Roasted Beet & Spinach Salad/ \$7.50

spinach topped with sweet bell peppers, Roma tomatoes, dried cranberries, roasted beets, pumpkin seeds & white balsamic vinaigrette./ GS & DF

### Classic Caesar Salad/ \$7

crisp romaine tossed with Caesar vinaigrette, fresh grated Parmesan cheese and oven baked focaccia croutons.

**GS/ Gluten Sensitive /does not include breads**

**DF/ Dairy Free**

**Our caesar dressing contains traces of gluten, all other dressings are gluten sensitive**



# Harvestfest '17

CELEBRATE LOCAL

Featuring the produce of  
beaverlodge butcher shop / loaves bakery /  
blackwood farms / meat on main / red willow farms / bridgeview gardens / wapiti bean co. /  
grande view hutterite colony / grain bin brewery

Nordic Court 214 Place South West Side Mill District

# Sandwiches

## LIMITED HARVESTFEST EDITIONS/



### Jordan's BBQ Pulled Pork on Ciabatta/ \$13

our classic is now better than ever; featuring our new in-house BBQ sauce, made with locally produced honey from Blackwood farms, paired with our slow roasted pork loin and a hint of mustard and roasted garlic. Served on a locally handcrafted pumpkin seed ciabatta roll from loaves and topped with our house pickled veg and cabbage slaw. Local to the core, this satisfying sandwich is served with classic potato chips & dill pickles.

BLACKWOOD FARMS  
loaves



### Roast Beef, Smoked Cheddar & Caramelized Onion Panini/ \$14

in-house slow roasted beef, served on marbled rye. Made with sweet onion marmalade, smoked cheddar, rosemary maple aioli & arugula. Served with pickles and potato chips.



### Grilled Local Vegetable Sandwich/ \$13

roasted beets & squash, caramelized onion jam, fresh zucchini and carrot spirals all sourced from local farmers market vendors, served on a toasted pumpkin seed & rosemary ciabatta roll from loaves along with roasted pumpkin seed and squash hummus. Served with pickles & chips.

loaves

## SANDWICHES/

All sandwiches & grilled sandwiches are served with deli potato chips & pickle spears. Also great with a soup or side salad.

### California Smoked Turkey Club/ \$14lg/ \$7.50sm

smoked turkey breast, avocado, tomato, red onion, smoky bacon, Monterey Jack cheese, leaf lettuce and caper & roasted red pepper aioli, on fresh baked focaccia bread.

### Roast Teriyaki Chicken Sandwich/ \$13

baked chicken breast with artisan teriyaki sauce, sweet pineapple, tomato, mozzarella, red onion, lettuce, and cream cheese on multi-grain bread.

### Curry Chicken Apple Fold/ \$13

grilled naan topped with chicken breast, red & green bell peppers, feta cheese, granny smith apple slices, organic greens & Moroccan vinaigrette.

### Tangiers Spiced Pecan & Chicken Wrap/ \$13

oven baked chicken, sweet peppers, dried cranberries, caper aioli, fresh tomatoes, Moroccan spiced pecans, organic mixed greens, feta in a garlic pesto wrap.

## GRILLED SANDWICHES/

### Grilled Bacon, Tomato & Avocado on Sunflower Bread/ \$13

grilled multi-grain bread topped with fresh basil & roasted garlic aioli, crisp bacon strips, Roma tomato, creamy avocado, kale & arugula.

### The Greatest Grilled Cheese/ \$12

mild Swiss cheese, rich aged cheddar and creamy provolone, grilled in a garlic butter French baguette. /add bacon, ham, chicken, extra cheese \$2 each, tomatoes, onion, no charge. Basil ketchup served on the side.

### Italian Grilled Pesto Chicken Panini/ \$14lg/ \$7.50sm

classic basil pesto, cream cheese, chicken breast, mozzarella cheese, Roma tomato slices, bacon, diced red onion on fresh baked focaccia bread. Grilled, then stuffed with organic greens.

### Black Forest Ham & Swiss Panini/ \$14lg/ \$7.50sm

black forest ham, fresh tomato slices, real Swiss cheese, red onion, crisp romaine and honey Dijon mayo grilled in our fresh baked herb & onion focaccia bread.

**GLUTEN FREE BAGUETTES & RICE WRAPS** are available for an additional \$3 charge.  
Our teriyaki sauce contains gluten, all others are GS.

## LIMITED HARVESTFEST EDITIONS/



### Farmers Sausage Sliders/ \$14

locally handcrafted farmers sausage is grilled to perfection, paired with our in house made bbq sauce and stone ground Dijon mustard. Topped with arugula and our pickled veg. Includes 2 sliders, and a side caesar salad/ additional sliders \$4.50

loaves



### Grilled Steak & Mushroom Quesadilla/ \$16

basil garlic tortilla grilled with thinly sliced flank steak, garlic roasted mushrooms, mozzarella and caramelized onions. Served with a Mexican side salad, salsa & sour cream.



### Wild Mushroom, Swiss Chard & Brie Quiche/ \$14

tender pastry filled with caramelized onions, wild mushrooms, garlic sautéed Swiss chard and creamy brie. Served with our local roasted beet salad with maple & white balsamic vinaigrette and a cheddar chive biscuit.



### Elk & Red Wine Soup/ \$6.50 cup/ \$10 pot GS (without biscuit)

locally raised elk is paired with a rich herb & red wine broth. Loaded with fresh garden vegetables, roasted garlic and rosemary. Served up with a fresh baked cheddar & chive biscuit.

## ENTREES/

### Butter Chicken Rice Bowl/ \$17 GS (without naan)

extra chicken & sauce \$4/ enjoy our all new butter chicken recipe loaded with more chicken and a rich spicy sauce. Made with carrots, sweet peppers, onions and celery, served with warm naan bread and California mixed greens.

### Alfredo Chicken Pasta Bowl/ \$14

imported Italian pasta coated in rich Alfredo sauce, with grilled chicken, asparagus, grape tomatoes and red bell peppers. Served with caesar salad and garlic focaccia bread.

## QUESADILLAS/

all quesadilla meals are served with a side Mexican salad, salsa & sour cream. You can substitute for any of our daily soups or side salads at no cost / available GS on a rice wrap

### BBQ Chicken Quesadilla/ \$16

a honey BBQ sauce with seasoned chicken breast strips, cheddar cheese, green bell peppers and red onions, all grilled on a tomato tortilla shell.

### Roasted Cauliflower & Arugula Quesadilla/ \$16

basil & roasted garlic tortilla, filled with roasted cauliflower, basil pesto, pumpkin seeds, fresh arugula & feta cheese.

## QUICHE & SOUP/

Best of Everyday/each day we create a variety of seasonal soups and quiche for you from the best ingredients we can find. Ask about our daily choices. We also have a few classics available everyday for a limited time.

### Daily Quiche/ \$13

served with a green apple side salad or your choice of soup

### Daily Soup/ \$6.50 cup/ \$10 pot

served with a fresh baked cheddar chive biscuit

Childrens menu available, along with crayons and colouring sheets.

Soup, Quiche, Entrees