

bannock

*(‘ba-nək) a round flatbread traditionally cooked on a griddle or stone;
brought to Canada through Scottish explorers and traders, adapted by Indigenous people and settlers.*

FOR THE TABLE

BANNOCK BOX 6
garlic and herb bannock, o&b artisan breads, daily spread

POUTINE 11
monforte dairy curds, fries, chicken gravy

SALADS + STARTERS

DAILY SOUP 6/9

O&B CREAM OF MUSHROOM SOUP 6/9
tarragon cream

BANNOCK CAESAR 12
romaine hearts, dinosaur kale, crispy lentils and peas

GREENS + BEANS 12
spinach, kale, green and wax beans, ariss goat cheese,
rosemary, red wine vinaigrette

VEGETABLE COBB SALAD 16
prairie grain pilaf, avocado, deviled egg, tomato cucumber relish,
ranch dressing

SALT-BAKED BEETS + FREEKEH SALAD 12
celery, broccoli, sunflower, hubbard squash vinaigrette

GRIDDLED PICKEREL “BANNACOS” 13
bannock soft tacos, apple, cucumber salad, rutabaga,
caviar tartar sauce

SANDWICHES + BURGERS

BANNOCK BANNOCK 15
house-smoked salmon, onion, cumin, cream cheese

VEGGIE BANNOCK 14
portobello mushroom, roasted garlic hummus, eggplant,
comfort cream

BLT BANNOCK 16.5
housemade magic belly bacon, avocado, heirloom tomato

GRILLED CHEESE 16
o&b artisan challah, apple, bacon jam, pickled jalapeño

BANNOCK CHEESEBURGER + ROOT CRISPS 18
high river alberta ground brisket

FREE-RUN TURKEY BURGER 18
tempura onion, avocado, dill pickle mayo

PIZZA

MARGHERITA 15
ingersoll mozzarella, basil

BLUE BLEU 18
bleu b n dictin, pear, charred radicchio, speck ham

ROAST DUCK POUTINE 19
curds, fries, caramelized onions, duck

NOODLES

SPINACH GREENS MAC + CHEESE 16.5
peas, broccoli, mustard greens

GENERAL JOEL’S CHICKEN PAD THAI 22
cabbage, mustard greens, peanuts, lime

NOODLE OF THE DAY P/A

FISH

FISH + SHRIMP CAKE 18
duck fat kimchi potatoes, arugula, radish, sesame seeds

B.C. WILD SALMON FILLET 26
saskatchewan lentils, smoked bacon, swiss chard,
peanut romesco, preserved lemon

WILD FOGO ISLAND COD CHOWDER 24
klondike potatoes, celery, warm cheddar biscuit

BLACKENED OCTOPUS 26
white bean fricass e, fennel, charred lemon, cilantro salsa verde

BEER-BATTERED FISH + CHIPS 22
haddock fillet, sweet pea tartar sauce, fries, malt vinegar

MEAT

PEPPERED FLAT IRON STEAK 28
duck fat potatoes, mustard greens, salsa verde

ARCADIAN COURT CHICKEN POT PIE 19
the one and only, mashed potatoes, scratch gravy

BRAISED ONTARIO LAMB SHOULDER 26
cauliflower, chickpeas, buttered bannock

BIFF’S FRIED BOLOGNA + EGGS 16
bannock, smoky tomato, duck fat potatoes

ONTARIO HARVEST VENISON + PORK SHOULDER TOURTI RE 20
roasted roots, heinz ketchup, allspice

MEATISH

ROASTED TOFU NI OISE SALAD 16
tapenade tofu, wax beans, roasted potatoes, fresh and dried tomatoes,
bannock pickles

NORTHERN WOODS MUSHROOM GNOCCHI 17.5
mushroom fauxlognese, spinach, thunder oak gouda

SAMOSAS CHAAT 17
vegetable samosas, chickpea masala, sour cream, guacamole, chutneys

ADD NASTY SAUCE

on the side, with chef’s permission!

ON THE SIDE

YUKON GOLD FRIES 7 **SWEET POTATO FRIES** 8 **DUCK FAT POTATOES** 7
NORTHERN WOODS MUSHROOMS 7 **WALSH’S FAMOUS GRIDDLED CORNBREAD** 6

SWEETS

O&B ARTISAN BUTTER TART 9 **WARM S’MORES PIE** 9 **SQUASH + MAPLE POUDING CH MEUR** 9 **ICES + ICE CREAM** 9

Our breads and pastries are prepared fresh daily in our in-house bakery.

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

bannockrestaurant.com