

# 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.

## STARTERS

- BANNOCK BOX** 7  
mixed bannock, daily spread
- DAILY SOUP** 7/10
- O&B CREAM OF MUSHROOM SOUP** 8/11  
tarragon cream
- POUTINE** 12  
ontario curds, fries, chicken gravy
- GRIDDLED FISH "BANNACOS"** 14  
bannock soft tacos, apple, cucumber salad,  
rutabaga, whitefish caviar
- BANNOCK CAESAR** 12  
romaine hearts, dinosaur kale, crispy lentils and peas
- BROCCOLI + BACON SALAD** 14  
ontario cheddar, pickled onion, sunflower seeds
- SAMOSAS + DAL** 14  
pomegranate, lime, makhani dal
- TUNA TATAKI** 16  
charred onion, sweet and sour wasabi, sesame
- STICKY RIBS** 15  
molasses, anaheim chilis
- PROPER PIEROGIES** 13  
sour cream, sweet onion, magic belly bacon

## PIZZA

- MARGHERITA** 16  
fresh mozzarella, basil
- ROAST DUCK POUTINE** 21  
ontario curds, fries, caramelized onions, duck

## NOODLES

- ULTIMATE MAC + CHEESE** 19  
lancaster cheese, northern woods mushrooms
- ROASTED CHESTNUT GNOCCHI** 21  
hazelnuts, pumpkin seeds, gouda
- MAPO TOFU** 21  
caramelized brisket, red devil xo sauce,  
black bean sauce, noodles
- NOODLE OF THE DAY** P/A

## ADD NASTY SAUCE

on the side, with chef's permission!

## SANDWICHES + BURGERS

- BANNOCK BANNOCK** 19  
house-smoked salmon, onion, cream cheese
- VEGGIE BANNOCK** 15  
portobello mushroom, charred baba ghanouj,  
roasted peppers, comfort cream
- BLT BANNOCK** 18  
magic belly bacon, avocado, heirloom tomato
- GRILLED CHEESE** 17  
o&b artisan challah, apple, bacon jam, pickled jalapeño
- BANNOCK CHEESEBURGER + ROOT CRISPS** 19  
high river alberta ground brisket
- FREE-RUN TURKEY BURGER** 19  
tempura onion, avocado, dill pickle mayo

## FISH

- FISH + SHRIMP CAKE** 20  
duck fat kimchi potatoes, arugula, radish, sesame seeds
- ARCTIC CHAR** 27  
100km roots, citrus dashi, quinoa
- B.C. LING COD CHOWDER** 24  
klondike potatoes, celery, warm cheddar biscuit
- TUNA POKE** 23  
pickled onion, brown rice, nori, edamame, bonito, corn nuts

## BLACKENED OCTOPUS

26  
saskatchewan lentils, smoked bacon, swiss chard,  
cilantro salsa verde

## BEER-BATTERED FISH + CHIPS

23  
haddock fillet, sweet pea tartar sauce, fries

## MEAT

- PEPPERED FLAT IRON STEAK** 30  
duck fat potatoes, braised collards, salsa verde
- BREADED ONTARIO PORK CHOP** 26  
scaloped potatoes, northern woods mushrooms, apple jam
- ARCADIAN COURT CHICKEN POT PIE** 21  
the one and only, mashed potatoes, scratch gravy
- BIFF'S FRIED BOLOGNA + EGGS** 18  
bannock, smoky tomato, duck fat potatoes
- PORK SHOULDER TOURTIÈRE** 21  
bannock pickles, tamarind jus
- ROAST CHICKEN SALMAGUNDI** 22  
prairie grains, avocado, soft-boiled egg, romaine,  
tomato, cucumber relish, anchovy vinaigrette

## ON THE SIDE

- YUKON GOLD FRIES 7   SWEET POTATO FRIES 8   DUCK FAT POTATOES 8   WALSH'S FAMOUS GRIDDLED CORNBREAD 8

## SWEETS

- O&B ARTISAN BUTTER TART 9   WARM S'MORES PIE 10   COCONUT PIE 10   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](http://bannockrestaurant.com)