

BRUNCH

Avocado Toast v	15
seeds, poached eggs, tomato jam	
The Full Canadian ♣	19
two eggs, smoked bacon beans, peameal bacon, bannock pork sausage, tomato, bannock	
Buttermilk Flapjacks v	16
+ blueberries 2 + banana 2	
Breakfast Poutine	14
fries, ontario curds, peameal bacon, chicken gravy, fried egg	
Eggs Bannodict ♣	22
poached eggs, hollandaise, spinach, peameal bacon	
Smoked & Scrambled ♣	19
arugula, bannock, scrambled eggs, smoked salmon	
Steak & Eggs	24
7oz flat iron, two eggs, duck fat potatoes	
Fried Bologna & Eggs ♣	18
bannock, tomato jam, duck fat potatoes	

SIDES

Pork Sausage gf	8
Peameal Bacon gf	6
Duck Fat Potatoes gf	6
Magic Belly Bacon gf	6
Cornbread v	6
Tater Tots v	6
Seeded Whole Grain Toast v	4

STARTERS

Bannock Box v mixed bannock, daily spread	7
Tomato Soup v saltines sm 7 lg 9	
Daily Soup up to us sm 7 lg 9	
Smashed Cucumber v gf 12	
lemon, pickled onion, chillies, herbs	
Bannock Caesar v 12	
romaine hearts, kale, crispy lentils & peas, horseradish, grana padano, bannock bits	
+ roast chicken 7 + magic belly bacon 7	
“We the Roots” Arugula Salad v gf 13	
ontario gouda, celery root, iceberg	
First farm-to-table supplier of leafy greens in downtown Toronto	
Fried Mac & Cheese v heinz, ontario cheddar 12	
The O.G. Poutine ♣ 11	
fries, ontario curds, chicken gravy	



Classic dish from The Rock (NL)
Pair it with a Labatt 50 for \$5

SANDWICHES & BURGERS

add peameal to all the things! 4

Grilled Cheese v 16	
ontario cheddar, dill pickle, cup of tomato soup	
Brisket Cheeseburger 18	
tomato, lettuce, celeriac, white sauce, root crisps	
Free-run Turkey Burger ♣ 19	
onion ring, avocado, dill pickle mayo, root crisps	



DID YOU KNOW?
“Poutine” is Québec slang for “a mess.”

PIZZAS

Lentil Chili v yoghurt, tahini, tomato 18	
Margherita v fresh mozzarella, basil 17	
Roast Duck Poutine ♣ 21	
duck confit, ontario curds, fries, caramelized onions	
Over 23,000 sold!	

MAINS

Roasted Salmon greens, lentils, eggplant 23	
Saskatchewan Lentil Chili v 16	
cornbread, sour cream, tater tots	
Mac & Cheese v 19	
ontario cheddar, mushrooms, kale	
Arcadian Court Chicken Pot Pie ♣ 21	
mashed potatoes, scratch gravy	
The one and only since 1929	
Rigatoni Alfredo v 20	
fried egg, parmesan, black pepper	
Kinda Cobb Salad v gf 17	
broccoli, avocado, lentils, soft-boiled egg, tomato, cucumber, red wine vinaigrette	
+ salmon fillet 9	
+ roast chicken 7	
+ magic belly bacon 7	



DID YOU KNOW?
Saskatchewan is the world’s
leading producer of lentils!

SWEETS

O&B Artisan Butter Tart ♣ 9	
Warm S’mores Pie ♣ 10	
Ices & Ice Creams v gf 9	
Stuffed Donuts (2) v 7	
Cinnamon Bun v 5	
Alfajores (3) v gf 5	
Nanaimo Bar v ♣ 4	



British Columbia’s best!

BEVERAGES

Daily Squeeze 6	
Shir’eh Temple 7	
blood orange juice, housemade grenadine, sparkling q water	
Crimsonberry Smash 7	
crimsonberry iced tea, rooibos syrup, cranberry, blueberry, lemon	
Maple Raspberry Tart 7	
maple lemonade, raspberry, soda, maple brown sugar rim	
Mimosa 3oz 9	
orange juice, topped with our sparkling wine	
+ orange liqueur 1oz 3	
Daily Sparkler 3oz 10	
freshly squeezed daily juice, topped with our sparkling wine	
Caesar 1oz 9	
smirnoff vodka, walter caesar mix, nasty sauce, worcestershire sauce	

COFFEE & TEA

Brewed Coffee 3	
Sloane Tea 3	
Americano, Espresso 3	
Cappuccino, Latte, Caramel Macchiato 4	
London Fog, Chai Tea Latte 4.75	
Mocha 5.25	

v vegetarian / gf gluten-free
♣ bannock classic

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