

BURGER BAR

STARTERS/SIDES

Cheese Burger Springrolls 3pc-6

Garlic Pepper Prawns w/ a lemon garlic aioli 8 GF

Crostini

House-made ricotta, basil olive oil, grape tomatoes, black pepper 8

add **Charcuterie** of bresaola & niagara proscuito 13

Saag Poutine GF

paneer cheese simmered in spices, cream and spinach, served over fries 9

Arugula Salad GF

olive oil, lemon, toasted garlic, sea salt 6

Spinach Salad

miso vinaigrette, pumpkin seeds, radish 6

House-Cut Fries 5

Sweet Potato Fries

w/ homemade chipotle ketchup 5

Onion Rings

Panko Crusted 6

Rapini GF

toasted garlic, lemon, olive oil 5

GF = GLUTEN_FREE

RICE BOWLS

Dragon Bowl

rice noodles in a lemongrass & coriander pesto or green coconut milk curry broth,
with bok choy & kimchi served with a choice of chicken, shrimp or tofu 10

Cowboys Supper GF

Organic rice and beans, with 2 organic eggs or tofu served with a tomatillo & avocado salsa 10

Vegetarian Stew

Organic root vegetables simmered in coconut milk, lemongrass & red curry
on organic brown rice 10

BURGERS

STRAIGHT UP

Include lettuce, pickles, onions, mustard, ketchup & mayo.

Our Burgers, are hand-made & cooked to order, which takes about 10 min.

Fresh Tomatoes are only available when we find them properly ripened & delicious.

Whole Wheat buns & Gluten/Wheat Free bread are also available

Add salad, soup, fries, sweet potato fries or onion rings + 4

Burger 100% Naturally Raised Ontario Beef 6oz- 8, 8oz- 10.5

Cheese Burger 6oz- 9.50, 8oz- 11.50

Choice of - Cheddar, Smoked Provalone, Gruyere, Blue, Brie, or Chevre **Extra Cheese +1.50**

The 6 Cheese Burger all six cheeses listed above 6oz- 11, 8oz- 13

Certified Organic Burger 6oz- 11, 8oz- 15

Wagyu (Kobe) Burger 6oz- 16, 8oz- 21

Cowpoke Burger 4oz thin patty of naturally raised beef- 6

ADDITIONAL TOPPINGS

Sauces + 1.00

Arugula Pesto

Tomatillo & Avocado Salsa

Coriander Pesto

Olive Tapenade

Bbq Sauce

Other Stuff

Fried Organic Egg- 2

Organic Bacon- 3

6oz Burger Patty- 6

Chili- 4

Onion Rings- 2

+ 2.00

Roasted Peppers

Mushrooms

Kimchi

Grape Tomatoes

Pickled Jalapeños

Caramelized Onions

ALL DRESSED UP

Free Range Chicken grilled breast with dijonaise & arugula 8

Wild Salmon filet with a tomatillo & avocado salsa 9

Veggie on a whole wheat bun with coriander pesto, and tzatziki 7

Mushroom marinated portobello mushrooms, w/ arugula pesto and roasted peppers on a whole wheat bun 7

LambBAM Organic lamb, Kimchi, Danish Blue, Dijon 9.95

Lyon Goats Cheese, Arugula, Dijon 9 **

Brunch Burger

6oz Hamburger with a fried egg, bacon, drizzled with maple syrup 12

Aiba Truffle Aioli, Grape Tomatoes 10 **

Gaucha Smothered in chimichurri, an Argentinian herb sauce 9 **

The OMGTMJKM Burger (oh my goodness this might just kill me)
8oz pattie w/ chili, a fried egg, blue, brie, chevre, bacon and an onion ring on whole wheat 18

Market Burger Naturally raised beef blended with chipotle chorizo & toasted rice,
topped w/ arugula pesto, chevre and blue cheese 10

*Sub Organic Beef + 3 **Substitute Wagyu (Kobe) Beef + 7