

MENU

🌱 **vegetarian** 🌾 **gluten-free**

Please inform us of any allergies. We will do our utmost to accommodate, though we are unable to guarantee an allergen-free kitchen.

SNACKS

Crispy Cauliflower 🌱
lime aioli 13

Chicken Wings
pound of jumbo wings, Alabama BBQ sauce,
housemade hot sauce 16

Beef Empanadas
three pieces, green olives, piquillo pepper, chimichurri 16

Sticky Garlic Pork Riblets
pound of pork riblets, fried garlic,
sticky sweet & spicy sauce 16

Bacon & Beef Meatballs
three pieces, flatbread, tomato basil sauce 14

Noonie's Spring Rolls 🌱
four pieces, sweet ginger chili sauce 12

Salt & Pepper Calamari
XO aioli 15

Steamed Edamame 🌱
chili oil, lime salt 9

Fries 🌱
Yukon Gold or sweet potato 9

SOUPS

O&B Mushroom Soup 🌱 🌾 **Soup of the Day**
no cream or butter 9 seasonally inspired 9

SALADS

add salmon fillet 13 chicken breast 12 flat iron steak 16

Kale 🌱 🌾
orange, ginger, edamame, sunflower seeds, beets 13

Traditional Caesar
croutons, lemon, Parmesan, garlic, black pepper, bacon 13

Squash 🌱 🌾
goat cheese, pickled raisins, walnuts, endive, radicchio 14

MEATS & POTATOES

7oz Flat Iron 28 **10oz Strip Loin** 42
garlic butter mushrooms, Yukon Gold fries
substitute with sweet potatoes 3

Piri Piri Half Chicken
patatas bravas, charred rapini 29

Lamb Shank
harissa potato stew, cipollini onions,
crispy Brussels sprouts, mint yoghurt 30

DESSERTS

Phyllo-wrapped Cheesecake 🌱
dulce de leche, malt chocolate crumble 11

Yuzu Tart
meringue crumble, blueberry compote 11

Oliver's Famous Carrot Cake 🌱
with candied walnuts 10
add sour cream gelato 4

Selection of Gelato & Sorbets 🌱 🌾
two scoops 9

SUPER BOWLS

Spicy Black Pepper Tofu 🌱
basmati & wild rice, broccoli, red peppers,
mango, cilantro 16

Sashimi & Charred Salmon
broccoli, snow peas, mixed grains, citrus, shallots 18

Charred Pork Belly
warm vermicelli, carrots, cucumber, chilies,
peanuts, cilantro 18

Tuna Tataki
snap peas, spicy greens, honey miso, nori, cold soba noodles 19

PLATES

Fish & Chips
7oz haddock, sea salt fries, coleslaw, pickle tartar sauce 19

Roasted Salmon
simmered chickpeas, tomato, eggplant, mint,
hazelnut dukkah 26

Squash Noodle Bolognese 🌱 🌾
mushrooms, lentils, tomato, Parmesan 18

Mac & Cheese
Gouda, Gruyère, cheddar 19
add chicken or bacon 3

Spicy Sausage Rigatoni
creamy tomato sauce, fresh mozzarella 21

Shrimp Tagliatelle
tomato, basil, garlic, chilies 24

BURGERS & PIZZAS

all burgers & sandwiches come with Yukon Gold fries
substitute with sweet potato fries, Caesar or green salad 3

The Alternative Broccoli Burger 🌱
avocado, cured tomato, chipotle mayo,
American cheese, cucumber 17

33 Burger
American cheese, iceberg lettuce, tomato, pickle, Russian
dressing 20

Torontreal Reuben Sandwich
Torontreal smoked meat, sauerkraut, Kozlik's mustard,
Swiss cheese, pickle, housemade rye bread 19

Healthy Greens Pizza 🌱
kale & walnut pesto, zucchini, broccoli, fior di latte 19

Margherita Pizza 🌱
San Marzano tomato sauce, mozzarella, Parmesan, basil 17

Butter Chicken Pizza
chicken, red pepper, onion, spinach, fior di latte 21

WINES BY THE GLASS

Sparkling	5oz	btl	
Spumante Brut, Casalotta, IT	14	53	
Prosecco, Canti, IT	15	60	
Rosé	6oz	9oz	btl
Henry of Pelham, Niagara, ON	14	19	51
White			
Pinot Grigio, Monvin, IT	10	14	—
Pinot Grigio, Farnese, IT	11	16	47
Sauvignon Blanc, J. Bouchon, CL	11	16	47
Chardonnay, Cave Spring, O&B, ON	11	16	47
Riesling, Cave Spring, ON	13	19	49
Pinot Grigio, Mission Hill, BC	15	22	59
Chardonnay, Tin Roof, CA	17	23	62
Sauvignon Blanc, Stoneleigh, NZ	17	23	62
Red			
Cabernet Sauvignon, Monvin, IT	10	14	—
Cabernet Sauvignon, Argento, AR	11	16	47
Cabernet Franc, Cave Spring, O&B, ON	11	16	47
Malbec, Esmeralda, Tilia, AR	11	16	47
Tempranillo, Campo Viejo, Rioja, ES	13	19	49
Chianti, Rocca delle Macie, Riserva, IT	15	22	59
Shiraz Viognier, Yalumba, AU	15	22	59
Merlot, Tin Roof, CA	15	22	59
Malbec, Esquinas, Mendoza, AR	15	22	59
Cabernet Sauvignon, Fox Brook, CA	17	23	62
Pinot Noir, McManis, CA	18	26	68

SIGNATURE COCKTAILS

& MOCKTAILS

Sangria Bianco 3.5oz	14
Monvin Pinot Grigio, triple sec, peach lemonade, orange, blackberries	
Sangria Rosso 3.5oz	14
Monvin Cabernet Sauvignon, apricot brandy, blackberry lemonade, lemon, blackberries	
Festive Mule 1.5oz	13
Smirnoff vodka, cranberry, lime, ginger beer, mint	
French 33 3oz	14
Tanqueray gin, lemon, butterfly pea flower syrup, Casalotta Brut Spumante	
Pear Colada 1oz	12
El Dorado 3 Year Old rum, lime, coconut, pear juice	
Vanilla Espresso Martini 1.5oz	13
Sauza Silver tequila, Kahlúa, vanilla, espresso	
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Cuban Sunrise non-alc	
cranberry, grapefruit, peach lemonade, cherry, lemon	6
Pear Necessities non-alc	
pear & cranberry juice, lemon	6
Raspberry Mojito non-alc	
lime, raspberry, mint, soda	6
Q-Water non-alc	
still or sparkling	3

WHITE BY BOTTLE

Champagne	
Perrier-Jouët, FR	153
Chardonnay	
Cave Spring, Jump, Niagara, ON	51
Kendall-Jackson, Reserve, CA	69
Domaine Laroche, Chablis, FR	74
La Crema, Sonoma Coast, CA	90
Sauvignon Blanc	
Henry of Pelham, Niagara, ON	49
Yealands, Marlborough, NZ	59
Kenwood, Sonoma County, CA	66
Nautilus, Marlborough, NZ	70
Pinot Grigio & Pinot Gris	
Cesari, Pinot Grigio, IT	61
Mission Hill, Pinot Gris, BC	68
Other Interesting Whites	
McManis, Viognier, CA	66

RED BY BOTTLE

Cabernet Sauvignon & Blends	
Cave Spring, Biff's Juicy Red, ON	51
Jacob's Creek, Reserve, AU	57
Louis M. Martini, CA	66
Penley Estate, Phoenix, AU	72
Kenwood, Sonoma County, CA	76
Rodney Strong, CA	79
Decoy, Sonoma County, CA	100
Edge, North Coast, CA	111
Caravan, Napa Valley, CA	158
Duckhorn, Napa Valley, CA	184
Merlot	
Rodney Strong, CA	68
Malbec	
Luigi Bosca, La Linda, AR	57
Catena, Mendoza, AR	68
Tomero, Mendoza, AR	70
Pinot Noir	
Henry of Pelham, ON	57
Mission Hill, Okanagan Valley, BC	61
La Crema, Sonoma Coast, CA	95
Migration, Russian River Valley, CA	104
Shiraz	
Earthworks, Barossa Valley, AU	63
Penley Estate, Hyland, AU	72
Langmeil, Valley Floor, AU	90
Penfolds, Bin 128, Coonawarra, AU	95
Other Interesting Reds	
Luccarelli, Primitivo, Puglia, IT	49
Delaforce, Douro, PT	51
Bodegas Lan, Crianza, ES	55
Henry of Pelham, Baco Noir ON	61
Cesari, Zardini, Amarone, IT	126
Frog's Leap, Zinfandel, CA	132