



to start

tomato & garlic bisque {GF} – in house smoked tomatoes with garlic chips, basil pesto & crème fraiche

caesar salad – romaine hearts, bacon, roast garlic aioli, crisp fried capers with parmesan & toasted croutons

rustica salad {GF} – mixed greens, baby kale, foraged mushrooms, done 3 ways with dijon & herb vinaigrette

nicoise salad {GF} – pickled green beans, potatoes, shallots, roasted tomatoes, eggs & nicoise olives with creamy basil dressing

add to any salad:

4 oz. bbq chicken – 7 / 3 chili prawns – 10

3 oz. tuna poke – 10 / 5 oz. black angus ny steak – 10

traders jars

price per jar -

served with olives

- pickled ratatouille, parmesan & warm pita
- tuna poke, raita & warm pita
- duck rillettes, ginger glaze & crostini
- beef tartare, capers, shallots & crostini

rustica small plates – *from the surf*

8 **grilled calamari** {GF} – with sun dried tomatoes, almonds, olives, herbs & romesco sauce 14

11 **tuna tacos** – maple ginger tuna poke on corn flour tacos with creamy fennel slaw, avocado & salsa fresco 16

11 **prawns diablo** {GF} – grilled chili prawns, dueling tomatoes with horseradish, cilantro & crème fraiche 16

12 **sea scallops** {GF} – pan roasted sea scallops, maple pork belly with celeriac, sour apple puree & crisp fried celery leaves 18

traders small plates – *from the turf*

12 **mushroom poutine** - pomme frites, cheese curds, foraged mushroom gravy & truffle mayo 12

chicken wings {GF} – 1 lb. of smoked wings served with pickle pot, creole cream & choice of sauce: 16
bourbon bbq | spicy maple ginger | bacon & parmesan

chilli & chips – beer braised bean chilli & spiced corn tortilla chips with quesadilla, sour cream, tomato & avocado salsa 12

add:

4 oz Smoked bbq pork- 6 | 4 oz bbq chicken-7 | 4 oz ground beef- 10



traders plates

arrabbiata pasta – penne noodles with smoked chili tomatoes, bacon, basil pesto & parmesan shards	16
the burger – half pound beef chuck patty on scallion potato bun with roast garlic aioli, lettuce, tomato, crisp onions & white cheddar cheese	18
cod & chips – arrowhead 83 honey beer battered cod with malt vinegar glaze, caper aioli, pickle pot & shoestring fries	1pc. 16 2pc. 20

rustica plates - *all items below are served with a community bowl of "market" vegetables*

beet strudel – honey roasted golden beets, quinoa & goat cheese wrapped in phyllo pastry with ginger, beet & basil puree	26
salmon – 6oz salmon filet poached in a cider broth, dijon mustard pearl glaze with barley & butternut squash risotto	28
chicken supreme – chipotle grilled chicken with almond brown butter, creamy polenta & romesco sauce	30
duck marsala – duck scallopini, with marsala beurre blanc, herb spätzle & lemon preserve	34
bison shortribs – kickass coffee braised bison shortribs with spicy demi & sweet potato fondant	36
lamb duo – half lamb rack with lamb shank & savoury onion galette & pistachio gremolata	38
beef tenderloin – 6oz beef tenderloin with mushroom demi-glace & truffle smashed potatoes	40
beef ny striploin – 10oz ny striploin with classic demi-glace, lobster bernaïse & herb roasted potatoes	48

Sides - garlic & mushrooms – 6 | 3 grilled prawns – 10 | sea scallops – 10 | lobster béarnaïse – 12