

hands

mushroom toast

truffle chevre, pea shoots, hot honey, sourdough
16

boxcar breakfast sando 🌱

chipotle aioli, maple sausage, scrambled egg, onion jam, cheddar, english muffin, potato tots, salad
18

vegan breakfast sando 🌱🌱

avocado aioli, beyond meat, vegan egg, onion jam, vegan cheddar, english muffin, potato tots, salad
18

blackened fish tacos (3) 🌱

corn tortilla, avocado, pico de gallo, jalapeno cilantro crema, cabbage
22

turkey melt

roasted turkey, aioli, bacon, pickles, swiss cheese, spinach, pullman loaf, fries
24

angus prime burger 🌱

7oz, secret sauce, lettuce, tomato, red onion, pickles, cheddar, brioche, fries
24

plates

seasonal soup

12

smoked salmon 🌱

cream cheese, pickled red onions, capers, cucumbers, everything bagel
18

mac & cheese

shell pasta, five cheeses, herb panko
20

crispy tofu bowl 🌱

rice noodles, lemongrass, cucumbers, edamame, pickled veggies, peanut dressing, chili oil, herb slaw
22

grilled chicken rice bowl 🌱

tomato rice, chimichurri, pickled onions, pico de gallo, jalapeno cilantro crema
24

fries

russet fries 🌱

house seasoning, aioli
12

poutine

french onion gravy, curds, chives
16

greens

chop chop chop 🌱🌱

hummus, kale, cabbage, tomato, cucumber, quinoa, falafel crumble, feta, pomegranates, pomegranate dressing

roasted beet salad 🌱🌱

herbed goat chesse, pickled fennel, dried crabberies, pistachios, chocolate balsamic vinaigrette
18

add grilled chicken / smoked salmon / crispy tofu

9

sweets

apple crumble

graham crust, cinnamon almond frangipane, apple mix, oat crumble, vanilla pastry cream
12

chocolate xo cake 🌱🌱

coconut ganache, cacao nib crunch, yuzu gel, strawberries
12

pumpkin spice

pumpkin sponge cake, toasted pumpkin seeds, spice milk chocolate ganache
12

smoothies

black and blue

blueberries, acai, strawberries,
blackberries, raspberries,
pineapple, mango, cranberry,
maca, banana
9

go go green

spinach, kale, pineapple, coconut,
banana, celery, hemp, chia
9

purple tonic

blueberries, acai, cashews,
strawberries, banana, beet,
sunflower seeds, turmeric
9

add pea protein

2

add functional mushroom powder (1g)

cordyceps, reishi and lion's mane blend
1

pastries

butter croissant

4.5

chocolate croissant

4.5

almond croissant

5

cream cheese danish

blueberry / strawberry
5

vegan chocolate chip cookie

4

vegan croissant

4.5 / 9

cookies

BY COURAGE

flavours vary daily

4



vegan



gluten-free



gluten-free option available



vegan option available



nut-allergy

no substitutions. tables six or larger will have an automatic gratuity of 20%. one bill per table. please let us know of any allergies.

Share

warm pretzels

queso dip, honey mustard
15

poutine

french onion gravy, curds, chives
16

brussels sprouts

salsa bravas, aioli
16

mushroom toast

truffle chevre, pea shoots, hot honey, sourdough
16

capon chicken wings

blue cheese sauce, crudites
salt + pepper / bbq / buffalo / ghost pepper
18 for 1lb / 30 for 2lb

crab & artichoke dip

cream cheese, mozzarella,
grilled pita
18

hands

blackened fish tacos (3)

corn tortilla, avocado, pico de gallo, jalapeno cilantro crema, cabbage
22

angus prime burger

7oz, secret sauce, lettuce, tomato, red onion, pickles, cheddar, brioche, fries
24

greens

chop chop chop

hummus, kale, cabbage, tomato, cucumber, quinoa, falafel crumble, feta, pomegranates, pomegranate dressing
18

roasted beet salad

herbed goat chesse, pickled fennel, dried crabberies, pistachios, chocolate balsamic vinaigrette
18

add grilled chicken / smoked salmon / crispy tofu

9

plates

seasonal soup

12

mac & cheese

shell pasta, five cheeses, herb panko
20

crispy tofu bowl

rice noodles, lemongrass, cucumbers, edamame, pickled veggies, peanut dressing, chilli oil, herb slaw
22

steak au poivre

7oz bavette, green peppercorn sauce, fries
30

sweets

apple crumble

graham crust, cinnamon almond frangipane, apple mix, oat crumble, vanilla pastry cream
12

chocolate xo cake

coconut ganache, cacao nib crunch, yuzu gel, strawberries
12

pumpkin spice

pumpkin sponge cake, toasted pumpkin seeds, spice milk chocolate ganache
12

xtras

russet fries

house seasoning, aioli
12



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vegan option available



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