

SOUPS, SALADS & STARTERS

- Soup of the Day 7.
- Tomato & Chickpea Soup **V, GF** 9.
coconut milk, harissa oil
- Green Bean Caesar Salad **GF** 10.5
crunchy lentils, Parmesan, bacon bits, roasted garlic dressing
- Roasted Beet Salad **V, GF** 10.5
pomegranate molasses, edamame purée, pistachios, mint
- Baby Kale Salad **V, GF** 10.
pears, fennel, maple lemon dressing, smoked walnuts
- Red Quinoa Salad **V, GF** 11.
dandelion greens, sunflower seeds, ricotta salata, pickled grapes
- Calamari Tacos 13.
two soft shell tacos, fried calamari, spicy mango sauce, herb crema, jalapeño
- Sweet Potato Hummus **V** 10.
sumac, za'atar pita wedges, crispy chickpeas
- Crab Dip 14.
poached crab, fresh herbs, cream cheese, handmade flatbread
- Hand-Cut Fries **V, GF** 7.
herb mayo
- Salt & Pepper Tofu **V, GF** 8.
Szechuan peanut butter

CANTEEN TO GO

In a hurry? Call ahead at 647.288.4710 and we can have your order ready to enjoy at home or the office. Ask our staff for a takeaway menu.

PLATES

MEAT

- Jerk Chicken **GF** 18.
jerk chicken breast, rice & beans, pineapple, plantain, Scotch bonnet pepper
- Steak Frites **GF** 25.
flat iron steak, chimichurri, Canteen catsup
- Canteen Breakfast 16.
three eggs your way, sausage, bacon, roasted mushrooms, home-fries, toast
- Lamb Tagine 19.
Moroccan-spiced braised lamb, pistachios, saffron Israeli couscous

SEAFOOD

- Pan-Roasted Salmon 21.
soba noodle salad, spicy miso dressing, daikon
- Fish Cakes **GF** 16.
cod, smoked haddock & potato fish cakes, baconnaise, apple, fennel & celery slaw
- Prawn Curry **GF** 17.5
Chef Rohan's spinach prawn curry, tempered flaked rice, green chutney

- Grilled Octopus Panzanella 19.
muhammara, zucchini, black sesame seeds

VEGGIE

- Raw Vegan Pad Thai **V, GF** 15.
root vegetable noodles, Thai vinaigrette, peanuts, Thai basil, red chilies
- Forbidden Rice Bowl **V, GF** 16.
grilled tofu, broccoli, edamame, kimchi, poached egg
- Mushroom Enchiladas **V** 16.
fried sweet potatoes, quinoa, corn tortillas, queso, green tomato salsa, sour cream

SANDWICHES

includes choice of soup or hand-cut fries or substitute for any salad +2

- Seven Grain Wrap **V** 15.
caramelized onion hummus, aged cheddar, seven grain salad, spinach
- Turkey Panini 16.5
basil pesto, roasted turkey, provolone, double-smoked bacon, sliced tomato
- Pulled Pork 15.5
housemade BBQ sauce, focaccia bun, coleslaw
- Big Green Burger **V** 15.
kale, green lentil patty, pickled zucchini, green goddess dressing
- Canteen Burger 17.5
bacon, aged cheddar, pickled jalapeño, herb mayo, hot house tomato
- Sandwich of the Day mp.

PIZZA

- Margherita **V** 15.
San Marzano tomato sauce, basil, fior di latte
- Chili con Carne 15.
beef, beans, chili peppers, Monterey Jack, pickled red onions
- Grilled Veggie **V** 17.
sun-dried tomato pesto, feta

V vegetarian

GF made with gluten-free ingredients

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

NOODLES & THE LIKE

ask us about gluten-free options

- Kimchi Mac & Cheese 17.
double-smoked bacon lardons, scallion, cheese curds
- Gnocchi 18.
braised lamb, Parmesan, rosemary
- Pesto Chicken Fusilli 16.5
oven-dried tomatoes, Parmesan

SWEETS

- Carrot Cake Square **V** 5.5
- Warm Brownie **V** 5.5
vanilla ice cream
- Buttermilk Panna Cotta **V, GF** 5.5
honeyed strawberries
- Platter to Share **V** 15.
carrot cake, cheesecake, warm brownie

BEVERAGES

- Q-Water 3.
purified onsite, still or sparkling

WINES ON TAP

	6oz	9oz	½ltr
Rosehall Run			
'Sustain White', ON	8.25	12.5	23.
'Sustain Red', ON	9.25	13.75	26.

Chef de Cuisine

ROHAN NADKARNI