

SOUP & FRIES

SOUP	9.00
HOUSE CUT FRIES	10.00
POUTINE	13.00
French Fries, Cheese Curds Topped With Gravy	

HANDHELDS

BREAKFAST BAGEL GF	12.00
Sesame Bagel With Over-medium Egg, Herbed Aioli, Pickled Jalapenos, Goat Cheese, Greens	

AVOCADO TOAST	12.50
Sour Dough Bread, Hummus With Tahini, Avocado, Sliced Boiled Egg, Cherry Tomato, Parsley	

CHICKEN FINGERS	13.00
Breaded Chicken Fingers And Plum Sauce	
Add Fries 5 Add Poutine 7	

GRILLED CHEESE	13.00
Sour Dough Bread, Aged Cheddar & Gruyere Cheese	
Add Bacon 3	

THE PICNIC BURGER GF	16.00
Brioche Bun, Lettuce Tomatoes, Caramelized Onions, Pickles, Ketchup & Garlic Aioli	
Add Aged Cheddar 2 Add Bacon 3	

Add Ons

SIDES

CHICKEN FINGERS GRILLED CHEESE BURGER	
Garden Salad	5.00
Fries	5.00
Poutine	7.00



POWERBOWLS & Salads

17

MEDITERRANEAN BOWL
Red Pepper Hummus, Lentils, Brown Rice, Cilantro, Caramelized Onion, Cherry Tomato, Cucumber, Red Onion, Pickled Onion, Kalamata Olive, Pickled Cauliflower, Pickled Carrot, Sumac Vinaigrette, Pita

HARVEST BOWL
Carrot Ginger Puree, Marinated Broccoli, Roasted Sweet Potato, Red Beets, Toasted Pumpkin Seeds, Avocado, Lemon Tahini, Chives

SOUTHWEST BOWL
Jalapeno Feta, Avocado, Red Bell Pepper, Green Bell Pepper, Green Chili, Chickpeas, Black Beans, Cherry Tomato, Southwest Sauce, Cilantro, Scallion, Tortilla Crisps, Lime, Crumbled Feta

KUJI BOWL
Citrus Ponzu, Sesame Honey Vinaigrette, Cucumber, Edamame, Avocado Puree, Sriracha Aioli, Pickled Ginger, Scallion, Brown Rice

KALE CAESAR SALAD
House Made Croutons, Caesar Dressing, Double Smoked Bacon, Parmesan Cheese

BEET SALAD
Roasted Beets, Beet Goat Cheese, Candied Almonds, Mixed Greens, Mustard Vinaigrette, Parsley, Crumbled Goat Cheese

ADD TO ANY BOWL OR SALAD

Protein Served Cold

Falafel	6	Roasted Salmon	8
Grilled Chicken	7	Spiced Flank	8

COFFEE& TEA

	SINGLE	DOUBLE
		
Espresso	3.25	4.25
Espresso Macchiato	3.75	4.75
Cortado		5.25
	12oz	16oz
		
Latte *	6.25	7.25
Mocha *	6.50	7.50
		
Americano *	4.75	5.75
Cappuccino *	6.25	7.25
Flat White *	6.25	7.25
Brewed Coffee *	3.75	4.25
Pluck Tea	4.25	4.50
Iced Teas (Seasonal)	4.25	4.75
Chai Latte *	6.50	7.50
Matcha Latte *	6.50	7.50
London Fog *	6.50	7.50

* Iced Option Available  Espresso Shots

ADD FLAVOURED SYRUP0.75

Pluck

HERBAL TEA

Canadian Maple Rooibos, Chamomile,
Harvest Mint, Southbrook Berry, Lemon
Ginger, Sunset in Niagara

BLACK TEA

Earl Grey Cream, English Breakfast,
Honey Chai, Niagara Peach

GREEN TEA

Flowering Jasmine, Evergreen Apple,
Fields of Green

FROM THE FRIDGE

Hitchhiker Lemonade	5.75
Box Water	3.75
Canned Pop	2.75
Juice Box	2.50

BEVERAGES

	12oz	16oz
Steamed/Cold Milk	4.25	5.25
Chocolate Milk	5.25	6.25
Hot Chocolate	5.25	6.25
Picnic Italian Soda	3.50	4.50
Apple Cider (Seasonal)	5.00	6.50

ALCOHOL

Wine By The Glass 6oz	12.00
Beer Tall Can	10.00
Cider	10.00
Canned Cocktails	10.00

Freshly
Baked Goods

Blueberry Scone	5.25
Muffin	4.75
Herb & Cheese Biscuit	4.75
Buttermilk Biscuit	4.75
Brownie	5.25
Chocolate Chip Cookie	4.00
Ginger Cookie	4.00
Vegan Sunshine Cookie	5.00