

# Appetizers

## **Fish Tacos (3)** 19

Seared Cod, coleslaw, Pico de Gallo and Citrus Aioli.

## **Grilled Tofu Tacos (3)** 19

Grilled Tofu with sauteed peppers, onions, shredded lettuce, guacamole and Pico de Gallo.

## **Chicken Fingers & Fries** 18

5 chicken fingers served with hand cut Kennebec fries. Choice of either Plum sauce or Honey Mustard sauce.

## **Halloumi Fries** 18

Fried panko breaded Halloumi cheese with Chipotle Lime Aioli.

## **Baked Spinach & Artichoke Dip** 18

A creamy Mozzarella and Cream Cheese blend with spinach and artichoke hearts. Served with tortilla chips and fresh warm Naan bread.

## **Chicken Wings (1lb)** 17

Hand breaded wings tossed in your choice of: Teriyaki, Caribbean Jerk, Salt & Pepper, BBQ or Signature house made hot sauce. Served with Ranch dip.

## **Cauliflower Bites** 17

Lightly breaded cauliflower florets fried till crispy, and tossed in your choice of: Teriyaki, Caribbean Jerk, Salt & Pepper, BBQ or Signature house made hot sauce.

## **Loaded Nachos**

### **Small (single) Serving** 18

### **Large (sharing) Serving** 26

Tri-colored tortilla chips dressed with peppers, tomatoes, jalapenos, black olives, Cheddar & Monterey Jack cheese. Served with salsa and sour cream.

### **Add Pulled Pork or Nacho Beef** 5

### **Add Tofu or Guacamole** 4

## **Margherita Flatbread** 17

Tomato sauce, sliced grape tomatoes, Mozzarella cheese and fresh Basil.

 **Vegan**

 **Gluten-free**

 **Vegetarian**

*Savor the Flavor*

# Soup & Salads

## Chefs Soup of the Day

**Bowl of Soup** 9

**Cup of Soup** 6

## Grilled Chicken Tortilla Salad 21

House salad mix with shredded cheese, black beans, Cajun corn and roasted red peppers, tossed in a Chipotle Lime dressing. Topped with Pico de gallo, fried tortilla strips and grilled chicken breast. \*Vegan substitute available - Tofu

## House Salad

Salad blend with shredded carrots, red cabbage, cucumber, onion, grape tomato and toasted Pumpkin seeds. Your choice of: Balsamic vinaigrette, Ranch or Blue Cheese.

**Small** 9

**Large** 14

## Caesar Salad

Romaine lettuce tossed in a creamy garlic dressing, topped with homemade croutons and Asiago cheese.

**Small** 10

**Large** 16

## Roasted Beet Salad 15

Oven roasted beets, sweet cherry peppers, creamy goat cheese and candied nuts over mixed salad with a Balsamic vinaigrette. Drizzled with Balsamic Crema glaze.

## Poke Bowl 22

Marinated Ahi Tuna -or- Tofu -or- Grilled Chicken Tossed with rice in a Ponzu and Citrus aioli. Topped with pickled carrots and cabbage, cucumbers, Mandarin oranges and smashed avocado.

 **Vegan**

 **Gluten-free**

 **Vegetarian**

*Eat, Enjoy, Repeat*

# Handhelds

## Cajun Chicken Sandwich 20

Hand-battered chicken breast topped with lettuce, tomato, onion, pickle, Jalapeno Jack cheese and Chipotle Lime Aioli.

## Pork Belly BLT 20

Seared maple glazed pork belly topped with fresh tomato, lettuce and Roasted Garlic Aioli. Served on a toasted Filone.

## French Dip with Au Jus 20

Tender shaved roast beef with Horseradish Aioli, on a toasted Filone. Served with Red Wine Au Jus.

## Philly-Style +4

## Grilled Chicken Clubhouse 21

Grilled chicken breast, bacon, sliced tomato, lettuce and mayo. Served between 3 slices of Sourdough.

## Sirloin Steak Sandwich 22

Seared sirloin with sauteed mushrooms and onions. Served on garlic toast.

## Served with your choice of fries, soup or salad

### Add Gluten-free Option 2

### Substitute for Sweet Potato Fries 4

### Substitute for Poutine 5

## Beer Battered Fish n Chips - 1pc 17

## Beer Battered Fish n Chips - 2pc 24

Beer-battered Cod loins fried till golden brown. Served with french fries, coleslaw and Tartar sauce.

## Buttermilk Fried Chicken 24

Marinated boneless chicken thighs (4), hand-battered and fried to perfection. Served with french fries, coleslaw and gravy.



# Burgers & Poutine

## Burgers

### Bear Paw Burger 19

6oz ground chuck patty topped with burger sauce, lettuce, tomato, onion and pickle. Served on a potato scallion bun.

**Add Bacon 3**

**Add Mushrooms 2**

**Add Pepper Jack or Aged Cheddar 2**

### Grilled Salmon Burger 21

Grilled Salmon with Lemon Dill Aioli, shredded lettuce, tomato and onion. Served on a potato scallion bun.

### Mediterranean Veggie Burger 21

Grilled black bean and vegetable patty, with smashed avocado, roasted red pepper hummus, and Pico de gallo. Served on a potato scallion bun, with shredded lettuce and pickles.

**Served with your choice of fries, soup or salad**

**Add Gluten-free Option  2**

**Substitute for Sweet Potato Fries 4**

**Substitute for Poutine 5**

## Poutine

### Traditional Poutine 15

Cheese curds, green onion and gravy.

### BBQ Pork Poutine 19

BBQ pulled pork, bacon, cheese curds and gravy.

### Buffalo Chicken Poutine 20

Buttermilk fried chicken, Buffalo sauce, cheese curds and gravy.

### Veggie Poutine 19

Sauteed peppers, onions, seared Tofu, cheese curds and gravy.

 **Vegan**

 **Gluten-free**

 **Vegetarian**

*Bite into Happiness*

# Entrees

*Served Daily 4pm until close*

## Braised Pork Shoulder

28

A Manning Favorite! 10oz tender braised pork shoulder, served with seasonal vegetables and roasted baby rainbow potatoes.

## Eggplant Parmesan

27

Panko breaded eggplant topped with Marinara sauce and baked with Vegan Mozzarella cheese. Served with wild rice and seasonal vegetables.

## Beef Brisket Mac n' Cheese

24

Cavatappi noodles tossed in a creamy cheese sauce, with shredded beef brisket. Served with garlic bread sticks.

## Surf and Surf

34

6oz Wild Salmon with poached Jumbo Shrimp. Served with fresh tomato salsa, rice pilaf and seasonal vegetables.

## Butcher's Cut

## Market Price

Ask your server for the Featured Cut of the day. Served with baby rainbow potatoes, seasonal vegetables and garlic toast.



Vegan



Gluten-free



Vegetarian

*Eat Well, Live Well*