

# 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**  18

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** 28

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

**Add Pork, Chicken, Beef or Tofu** 6

**Add Guacamole** 4

**Cod Bites**  18

Lightly breaded pieces of Atlantic cod, fried until crispy, and served with a Citrus Aioli.

 **Vegan**

 **Gluten-free**  **Vegetarian**

*Savor the Flavor*

# *Soup & Salads*

## **Chef's Soup of the Day**

<b>Bowl of Soup</b>	<b>9</b>
<b>Cup of Soup</b>	<b>6</b>
<b>French Onion Soup</b>	<b>14</b>
<b>Beef Stew with grilled Focaccia</b>	<b>18</b>

## **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.

<b>Small</b>	<b>9</b>
<b>Large</b>	<b>14</b>
<b>Add Chicken or Tofu +6 / Add Prawns or Salmon +9</b>	

## **Caesar Salad**

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

<b>Small</b>	<b>10</b>
<b>Large</b>	<b>16</b>
<b>Add Chicken or Tofu +6 / Add Prawns or Salmon +9</b>	

## **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.

**Add Chicken or Tofu +6 / Add Prawns or Salmon +9**

## **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

## Smoked Reuben Sandwich

19

Seared Montreal smoked beef, with sauerkraut, swiss cheese and Russian dressing on marbled rye bread.

## Buttermilk Fried Chicken

24

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

 **Vegan**



**Gluten-free**



**Vegetarian**

*Eat First. Then Play*

# Burgers & Poutine

## Burgers

### Manning 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**

6

## Poutine

### Traditional Poutine

16

Cheese curds, green onion and gravy.

### BBQ Pork Poutine

20

BBQ pulled pork, bacon, cheese curds and gravy.

### Buffalo Chicken Poutine

21

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

### Veggie Poutine

20

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

 **Vegan**



**Gluten-free**



**Vegetarian**

*Bite into Happiness*

# Entrees

*Served Daily 4pm until close*

## Braised Pork Shoulder

29

A Manning Favorite! 10oz tender braised pork shoulder, served with seasonal vegetables and roasted garlic goat cheese mashed 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 grilled Focaccia.

## Seafood Orecchiette

29

Prawns, Scallops, and Atlantic Cod pan seared with red onions and grape tomatoes. Topped with a lemon herb cream and fried capers.

## Chicken Pesto Tortellini

26

Rainbow three cheese tortellini, tossed in a Pesto cream sauce with chicken breast, roasted red peppers, and crisp pork belly lardons.

\*Pasta dishes are served with grilled Focaccia

 Vegan



Gluten-free



Vegetarian

*Eat Well, Live Well*