

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

Bowl of Soup 9

Cup of Soup 6

French Onion Soup 14

Beef Stew with grilled Focaccia 18

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

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

Caesar Salad

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

Small 10

Large 16

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

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.

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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.

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 **Gluten-free**

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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

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

 **Vegan**

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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